

HUBUNGAN DUKUNGAN SOSIAL KELUARGA DENGAN KUALITAS HIDUP LANSIA PASIEN DIABETES MELITUS KELOMPOK PROLANIS DI PUSKESMAS KASIHAN 2 BANTUL

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ABSTRAK

Latar Belakang: Prevalensi penderita Diabetes Melitus di seluruh dunia pada tahun 2015 mencapai 422 juta penduduk dunia, angka tersebut menunjukkan peningkatan sebesar 11 juta dari tahun 2013. Diabetes Melitus termasuk dalam 7 masalah kronis utama pada lanjut usia, sehingga penting bagi lansia untuk terus melakukan perawatan dan pengobatan guna mencapai kualitas hidup yang baik. Dukungan sosial keluarga berupa emosional, penghargaan, instrumental, dan informasi menjadi hal yang cukup berperan dalam meningkatkan kualitas hidup pasien Diabetes Melitus.

Tujuan Penelitian: Penelitian ini untuk mengetahui hubungan antara dukungan sosial keluarga dengan kualitas hidup lansia pasien Diabetes Melitus kelompok Prolanis di Puskesmas Kasihan 2 Bantul.

Metode Penelitian: Penelitian ini menggunakan jenis penelitian kuantitatif dengan desain *cross-sectional*. Jumlah sampel penelitian sebanyak 40 responden dengan *total sampling*. Instrumen penelitian yang digunakan yaitu *Hensarling Diabetes Family Support Scale (HDFSS)* dan *Diabetes Quality of Life (DQOL)*. Uji normalitas pada analisis univariat menggunakan *Kolmogorov-smirnov* dengan *p value* > 0,05. Analisis bivariat menggunakan korelasi *Chi-Square*.

Hasil : Karakteristik responden diperoleh 75% berusia >60 tahun, 60% jenis kelamin perempuan, 37% berpendidikan SMP, dan 50% merupakan IRT. Hasil uji korelasi antar variabel dengan *Chi-Square* sebesar 0,749 (*p*>0,05) menunjukkan tidak terdapat hubungan antara dukungan sosial keluarga dengan kualitas hidup lansia pasien Diabetes Melitus kelompok Prolanis di Puskesmas Kasihan 2 Bantul, sedangkan pada dimensi emosional didapat 55,0% baik, dimensi penghargaan 55,5% baik, dimensi instrumental 50,0% baik, dan dimensi informasi 50,0% kurang.

Simpulan : Tidak terdapat hubungan antara dukungan sosial keluarga dengan kualitas hidup lanjut usia pasien Diabetes Melitus kelompok Prolanis di Puskesmas Kasihan 2 Bantul.

Kata kunci : Diabetes Melitus, Lansia, Kualitas Hidup, Dukungan Sosial Keluarga

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**THE RELATION BETWEEN FAMILY SOCIAL SUPPORT AND
QUALITY OF LIFE OF ELDERLY PEOPLE WITH DIABETES
MELITUS IN PROLANIS GROUPS IN KASIHAN 2 PUBLIC HEALTH
CENTER BANTUL**

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ABSTRACT

Background: The prevalence of people Diabetes Mellitus across the world in 2015 was 422 million people, showing 11 million increase from 2013. Diabetes Mellitus is one of 7 main chronic issues for elderly people, so it is importantly for elderly people to keep undergoing maintenance and treatment to have better quality of life. Family social support in the forms of emotions, reward, instrument, and information, is quite significant in improving the quality of life of people with Diabetes Mellitus.

Research Purpose: This study was to determine the relation between family social support and quality of life of elderly people with Diabetes Mellitus in prolanis group in Kasihan 2 Public Health Center, Bantul.

Research Method: This study used quantitative research with *Cross-Sectional* design. The research sample was 40 respondents with total sampling. The research instruments were *Hensarling Diabetes Family Support Scale (HDFSS)* and *Diabetes Quality of Life (DQOL)*. Normality test on univariate analysis used *Kolmogorov-smirnov* with p value $> 0,05$. Bivariate analysis used *Chi-Square* correlation.

Results: The respondent's characteristics were 75% were >60 years old, 60% were female, 37% had Junior High School Education, and 50% were housewives. The result of correlation test between variabel with *Chi-Square* of 0,749 ($p > 0,05$) showed that there was no relation between family social support and quality of life of elderly people with Diabetes Melitus in Prolanis group in Kasihan 2 Public Health Center, Bantul, while 55.0% of emotional dimension was good, 55.5% reward dimension was good, 50.0% instrumental dimension was good, and 50.0% information dimension was poor.

Conclusion: There was no relation between family social support and quality of life of elderly people with Diabetes Melitus in Prolanis group in Kasihan 2 Public Health Center, Bantul.

Keywords: Diabetes Melitus, Elderly, Quality of Life, Family Social Support

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