

**PROGRAM STUDI ILMU KEPERAWATAN  
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Hubungan *Self Regulated Learning* dan Peningkatan Kualitas Hidup Penderita  
Diabetes Mellitus Tipe 2 di Wilayah Kerja UPT Puskesmas Sekupang

55 halaman + 6 tabel + 2 Gambar + 12 lampiran

**ABSTRAK**

*Self regulation* (regulasi diri) atau pengaturan diri merupakan cara orang mengontrol dan mengarahkan tindakan sendiri. Kualitas hidup adalah persepsi individu tentang posisinya dalam kehidupan, dalam hubungannya dengan sistem budaya dan nilai setempat dan berhubungan dengan cita-cita, pengharapan, dan pandangan-pandangannya yang merupakan pengukuran multidimensi tidak terbatas hanya pada efek fisik maupun psikologis pengobatan. Fenomena yang ditemukan di UPT Puskesmas Sekupang, 7 orang mengatakan tahun pertama menderita Diabetes Mellitus merupakan saat yang berat, dimana dirinya belum menerima dan tidak percaya hingga tahun kedua, 3 orang mengatakan kecemasannya muncul akan berefek pada fisiknya seperti pusing bila mendengar dampak-dampak DM yang dirasakan penderita lainnya, jantung sering bedebat kencang bila merasa tanda-tanda gula darah meningkat pada dirinya atau ketika ingin melakukan pemeriksaan, sering sulit tidur saat malam hari yang seringnya membuat dirinya semakin berfikir negatif mengenai dirinya serta penyakitnya dan semakin sering buang air kecil. Penelitian ini bertujuan untuk mengetahui hubungan *self regulated learning* dan peningkatan kualitas hidup penderita diabetes mellitus tipe 2 di Wilayah Kerja UPT Puskesmas Sekupang. Rancangan penelitian ini adalah jenis penelitian observasional analitik dengan pendekatan *cross-sectional*. Sampel dalam penelitian ini adalah apasien diabetes mellitus tipe 2 di wilayah kerja UPT Puskesmas Sekupang yang berjumlah 36 orang dan data dianalisa menggunakan uji *hi square*. Hasil uji statistik *chi-square* didapatkan nilai *pvalue*  $0,000 \leq 0,05$  berarti dapat disimpulkan ada perbedaan proporsi kualitas hidup responden yang mengalami *self regulated learning* baik dengan yang mengalami *self regulated learning* sedang, maka  $H_0$  diterima. Dapat disimpulkan adanya hubungan *self regulated learning* dan peningkatan kualitas hidup penderita diabetes mellitus tipe 2 di Wilayah Kerja UPT Puskesmas Sekupang. Saran bagi perawat dapat meningkatkan upaya peningkatan kualitas hidup pasien DM tipe 2 melalui kegiatan promosi kesehatan, prolanis dan Posbindu PTM.

**Kata kunci :** *Self Regulated Learning*, Kualitas Hidup, DM tipe 2

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*The Relationship of Self-Regulated Learning and Improving the Quality of Life of Type 2 Diabetes Mellitus Patients in the Work Area of the UPT Puskesmas Sekupang*

55 pages + 6 tables + 2 pictures + 12 attachments

**ABSTRACT**

*Self-regulation (self-regulation) or self-regulation is the way people control and direct their actions. Quality of life is an individual's perception of his position in life, about local cultural and value systems and related to his ideals, expectations, and views which is a multidimensional measurement not limited to only the physical and psychological effects of treatment. The phenomenon found at the UPT Puskesmas Sekupang, 7 people said the first year of suffering from Diabetes Mellitus was a tough time, where they did not accept and did not believe until the second year, and 3 people said that their anxiety would affect their physical appearance such as dizziness when they heard the effects of DM. felt by other sufferers, the heart often beats fast when he feels signs of increased blood sugar in him or when he wants to do an examination, often has difficulty sleeping at night which often makes him think more negatively about himself and his illness and urinate more often. This study aims to determine the relationship between self-regulated learning and improving the quality of life of people with type 2 diabetes mellitus in the Work Area of the UPT Puskesmas Sekupang. The design of this research is an analytic observational research type with a cross-sectional approach. The sample in this study was a patient with type 2 diabetes mellitus in the working area of the UPT Puskesmas Sekupang totalling 36 people and the data were analyzed using the chi-square test. The results of the chi-square statistical test obtained a p-value of  $0.000 \leq 0.05$ , which means that it can be concluded that there is a difference in the proportion of the quality of life of respondents who experience good self-regulated learning and those who experience moderate self-regulated learning, then  $H_a$  is accepted. It can be concluded that there is a relationship between self-regulated learning and improving the quality of life of people with type 2 diabetes mellitus in the Work Area of the UPT Puskesmas Sekupang. Suggestions for nurses can improve efforts to improve the quality of life of type 2 DM patients through health promotion activities, prolongs and PTM Posbindu.*

**Keywords:** *Self Regulated Learning, Quality of Life, Type 2 DM*