# ABSTRACT

**THE EFFECT OF DIABETES *SELF MANAGEMENT EDUCATION* (DSME) WITH AUDIOVISUAL MEDIA ON *SELF CARE BEHAVIOR***

**ON PATIENTS WITH TYPE 2 DIABETES MELLITUS**

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**Backgroud**.DM is a chronic disease when it is not managed properly, it will cause various kinds of chronic complications that is caused by poor self-care behavior. DSME is one of the efforts to prevent complications and to inerease the ability of caring independently. **Purpose**.The purpose of this study was to determine the effect of DSME with audiovisual media on self-care behavior in patients with type 2 diabetes mellitus. **Method**. The type of research used was pre-experimental, with a one-group pretest-posttest design using consecutive sampling techniques. The sample in this study consisted of 22 respondents, statistical analysis used was Wilcoxon Signed Ranks Test. **Results**. The results of study showed that in the treatment group the pre-test results had the mean value of 4.13 with standard deviation of 1.08 while the post-test results had the mean value of 6.45 with a standard deviation of 0.67. After perfoming analyses using Wilcoxon Signed Ranks Test, the results showed sig = 0.000 <0.05, It means there was an effect of DSME with audiovisual media on self-care behavior on patients with type 2 DM at RSU Negara in 2025. **Conclusion**. Audiovisual DSME, can prevent complications, improve quality of life by influencing behavior and produce changes in knowledge, attitudes and behaviors needed to maintain health for DM patients

Keywords **:** DSME Audiovisual, *Self Care Behavior*, Diabetes Melitus