

ABSTRACT

The Relationship between Health Locus of Control and Coping Mechanisms among Patients with Type 2 Diabetes Mellitus at Blahbatuh I Regional Technical Implementation Unit

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Diabetes mellitus affects patients' quality of life. This condition can lead to stress, which may worsen blood glucose levels. An individual's response to stress depends on the coping mechanisms they possess. One of the factors influencing coping mechanisms in patients is their belief system, particularly their health locus of control. This study aimed to determine the relationship between health locus of control and coping mechanisms among patients with type 2 diabetes mellitus. This study employed an analytical correlational design with a cross-sectional approach. The study sample consisted of 67 patients with type 2 diabetes mellitus selected using purposive sampling. The research instruments included the Multidimensional Health Locus of Control Form C questionnaire and the COPE Inventory. Data were analyzed using the Spearman Rank correlation test. The results showed that all 28 participants (100%) with a high health locus of control demonstrated adaptive coping mechanisms. Among the 17 participants with a moderate health locus of control, the majority (58.8%) exhibited adaptive coping mechanisms. Meanwhile, all 22 participants (100%) with a low health locus of control demonstrated maladaptive coping mechanisms. The Spearman Rank test yielded a p-value of 0.000, indicating a statistically significant relationship between health locus of control and coping mechanisms among patients with type 2 diabetes mellitus. The correlation coefficient was 0.859, indicating a strong positive correlation. These findings suggest that health locus of control influences patients' coping mechanisms and health-related behaviors through their beliefs regarding the extent to which they can control their health condition.

Keywords: *Health Locus of Control, Coping Mechanisms, Type 2 Diabetes Mellitus*

ABSTRAK

Hubungan *Health Locus Of Control* dengan Mekanisme Koping pada Pasien Diabetes Melitus Tipe 2 di Unit Pelaksana Teknis Daerah Blahbatuh I

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Diabetes melitus memberikan perubahan terhadap kualitas hidup pasien, kondisi ini tentunya dapat membuat pasien stres yang dapat memperburuk kadar glukosa dalam darah, seseorang dalam menghadapi stres tergantung pada mekanisme koping yang dimiliki, salah satu faktor yang mempengaruhi mekanisme koping pada pasien adalah keyakinan (*locus of control*). Penelitian ini bertujuan untuk mengetahui hubungan *health locus of control* dengan mekanisme koping pada pasien diabetes melitus tipe 2. Jenis penelitian *analitik korelasional* dengan rancangan *cross-sectional study*. Sampel penelitian adalah pasien DM tipe 2 sebanyak 67 orang dipilih dengan *Purposive Sampling*. Kuesioner yang digunakan adalah *The Multi Dimensional Health locus of control form C* dan *Cope Inventory*, analisis menggunakan uji *Rank Spearman*. Hasil penelitian menunjukkan dari 28 orang yang memiliki *health locus of control* tinggi seluruhnya (100%) mekanisme koping pasien adaptif, dari 17 orang memiliki *health locus of control* sedang sebagian besar (58,8%) mekanisme koping pasien adaptif, dari 22 orang memiliki *health locus of control* rendah seluruhnya (100%) mekanisme koping pasien maladaptif. Hasil uji *Rank Spearman* didapatkan p value 0,000 menunjukkan ada hubungan yang signifikan antara *health locus of control* dengan mekanisme koping pada pasien diabetes melitus tipe 2, nilai *Coefisien corelation* 0,859 menunjukkan korelasi yang kuat dengan arah positif. *health locus of control* dapat memengaruhi mekanisme koping dan perilaku kesehatan pasien melalui keyakinan seseorang terhadap kontrol kondisi kesehatannya.

Kata kunci : *Health Locus Of Control*, Mekanisme Koping, Diabetes Melitus Tipe 2