**ABSTRAK**

Hubungan *Self-Empowerment* dengan Monitoring Gula Darah pada Pasien DM Tipe 2 di Polikinik Interna Rumah Sakit Bhayangkara Denpasar

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Penderita DM dituntut mempunyai gula darah stabil di jaman dengan tantangan pola konsumsi makanan tidak sehat seperti saat ini. *Self-empowerment* dibutuhkan oleh penderita DM untuk mengontrol gula darahnya. *Self-empowerment* adalah kemampuan individu untuk mengontrol hidup mereka, menentukan pilihan dalam perawatan penyakitnya. Berdasarkan studi pendahuluan, kasus DM menjadi 10 kasus kunjungan tertinggi di Rumah Sakit Bhayangkara Denpasar, dan di tahun 2024 meningkat 8289 kunjungan. Penelitian ini menggunakan metode *non probability sampling* jenis *purposive sampling*, jumlah sample 74 orang, pengumpulan data menggunakan kuisioner DES *(Diabetes Empowerment Scale)* untuk variabel *self-empowerment* dan kuisioner monitoring gula darah yang telah teruji validitas dan reliabilasnya, Analisis yang digunakan adalah uji bivariat *rank spearman.* Hasil penelitian menunjukkan 52 orang (70.3%) responden yang memiliki *self-empowerment* baik, 50 orang (67.6%) diantaranya melakukan monitoring gula darah secara teratur, kemudian dari 22 orang (29.7%) responden yang memiliki *self-empowerment* kategori cukup, 12 orang (16.2%) diantaranya tidak teratur dalam melakukan monitoring gula darah. Hasil analisis menunjukkan nilai *p-value = 0,001 (p < 0,05) dan r = 0,592*, yang berarti terdapat hubungan signifikan dengan kekuatan cukup kuat antara *self-empowerment* dan monitoring gula darah. Dukungan dari tenaga medis, program edukasi yang terstruktur, serta akses yang baik terhadap layanan kesehatan telah berkontribusi pada pengembangan *self-empowerment* yang baik, dan pada akhirnya meningkatkan kedisiplinan dalam monitoring gula darah.

Kata Kunci: *Self-empowerment*, diabetes melitus, monitoring gula darah

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*ABSTRACT*

*Relationship between Self-Empowerment and Blood Sugar Monitoring in Type 2 DM Patients at the Internal Polyclinic of Bhayangkara Denpasar Hospital*

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*DM sufferers are required to have stable blood sugar in an era with the challenges of unhealthy food consumption patterns like today. Self-empowerment is needed by DM sufferers to control their blood sugar. Self-empowerment is the ability of individuals to control their lives, making choices in the treatment of their disease. Based on a preliminary study, DM cases are the 10 highest cases of visits at Bhayangkara Denpasar Hospital, and in 2024 it increased to 8289 visits. This study used a non-probability sampling method of purposive sampling, a sample size of 74 people, data collection using the DES (Diabetes Empowerment Scale) questionnaire for the self-empowerment variable and a blood sugar monitoring questionnaire that has been tested for validity and reliability. The analysis used the Spearman rank bivariate test. The results of the study showed that 52 people (70.3%) of respondents had good self-empowerment, 50 people (67.6%) of whom monitored their blood sugar regularly, then from 22 people (29.7%) of respondents who had sufficient self-empowerment, 12 people (16.2%) of whom were irregular in monitoring their blood sugar. The results of the analysis showed a p-value = 0.001 (p < 0.05) and r = 0.592, which means there is a significant relationship with a fairly strong strength between self-empowerment and blood sugar monitoring. Support from medical personnel, structured educational programs, and good access to health services have contributed to the development of good self-empowerment, and ultimately increased discipline in monitoring blood sugar.*

*Keywords: Self-empowerment, diabetes mellitus, blood sugar monitoring*

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