

Strategi Keluarga Dalam Mengatasi Ketidapatuhan Pasien Diabetes Melitus
Terhadap Pola Hidup Sehari – Hari

Pada Keluarga Penderita Diabetes Melitus Tahun 2024

Karya Tulis Ilmiah



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FAKULTAS VOKASI
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Diajukan kepada Universitas Muhammadiyah Malang untuk Memenuhi Salah

Satu Persyaratan Dalam Menyelesaikan Program Ahli Madya Keperawatan



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Menyatakan dengan sebenarnya bahwa Tugas Akhir yang saya tulis ini benar-benar hasil karya saya sendiri, bukan merupakan pengambilalihan tulisan atau pikiran orang lain yang saya akui sebagai tulisan atau pikiran saya sendiri. Apabila dikemudian hari dapat dibuktikan bahwa tugas akhir ini adalah hasil jiplakan, maka saya Bersedia menerima sanksi atas perbuatan tersebut.

Malang.....

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ABSTRAK

Strategi Keluarga dalam mengatasi ketidakpatuhan pasien diabetes terhadap pola hidup sehari – hari

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Latar Belakang: Ketidakpatuhan pasien Diabetes Melitus terhadap pola hidup sehari-hari merupakan tantangan yang signifikan dalam manajemen penyakit kronis ini. Masalah ini sering kali disebabkan oleh kurangnya komunikasi yang efektif antara pasien dan keluarga, keterbatasan pemahaman tentang pentingnya pengelolaan diabetes, serta hambatan ekonomi yang menghalangi akses ke sumber daya yang memadai seperti makanan sehat dan obat-obatan. **Tujuan:** Penelitian ini bertujuan untuk mengidentifikasi strategi yang digunakan oleh keluarga dalam mengatasi ketidakpatuhan pasien Diabetes Melitus terhadap pola hidup sehari-hari, serta memahami tantangan dan hambatan yang dihadapi dalam penerapan strategi tersebut. **Metode:** Desain penelitian yang digunakan adalah kualitatif dengan pendekatan studi kasus. Data dikumpulkan melalui wawancara mendalam dan observasi partisipatif terhadap tiga keluarga yang memiliki anggota dengan Diabetes Melitus. Analisis data dilakukan menggunakan metode analisis tematik dengan teknik triangulasi untuk meningkatkan kepercayaan data. **Hasil:** Penelitian ini menemukan tiga tema utama dalam strategi keluarga, yaitu: 1). dukungan kesehatan keluarga melalui komunikasi yang efektif, pembentukan rutinitas harian, dan pemanfaatan sumber daya 2). tantangan dalam mengelola perilaku hidup sehat seperti ketidakkonsistenan dan kebiasaan buruk yang sulit diubah 3). Serta pentingnya dukungan psikologis dalam pengelolaan kesehatan. **Kesimpulan:** Keluarga memainkan peran penting dalam meningkatkan kepatuhan pasien terhadap pengelolaan Diabetes Melitus. Dukungan keluarga yang konsisten, pemahaman yang baik tentang penyakit, dan strategi komunikasi yang efektif dapat membantu mengurangi ketidakpatuhan pasien.

Kata kunci : Strategi keluarga, Ketidakpatuhan, Pengelolaan Kesehatan

ABSTRACT

Family Strategies in Addressing Non-compliance of Diabetes Patients with Daily Lifestyle

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Background: Non-compliance of Diabetes Mellitus patients with daily lifestyle is a significant challenge in the management of this chronic disease. This issue is often caused by a lack of effective communication between patients and families, limited understanding of the importance of diabetes management, and economic barriers that hinder access to adequate resources such as healthy food and medication. **Objective:** This study aims to identify strategies used by families to address non-compliance of Diabetes Mellitus patients with daily lifestyle, as well as to understand the challenges and obstacles encountered in the implementation of these strategies. **Method:** The research design used was qualitative with a case study approach. Data were collected through in-depth interviews and participatory observation of three families with members who have Diabetes Mellitus. Data analysis was carried out using thematic analysis with triangulation techniques to enhance data reliability. **Results:** The study found three main themes in family strategies: 1). Family health support through effective communication, establishing daily routines, and utilizing resources 2). challenges in managing healthy behaviors such as inconsistency and bad habits that are difficult to change 3).and the importance of psychological support in health management. **Conclusion:** Families play an essential role in improving patient compliance with Diabetes Mellitus management. Consistent family support, a good understanding of the disease, and effective communication strategies can help reduce patient non-compliance.

Keywords: Family Strategies, Non-compliance, Health Management

KATA PENGANTAR

Dengan penuh Rasa Syukur, Saya mengucapkan Terima Kasih kepada Allah SWT atas Rahmat, hidayah, dan karunia-nya, yang memungkinkan saya menyelesaikan karya tulis Ilmiah ini yang berjudul “Strategi keluarga dalam mengatasi ketidakpatuhan pasien diabetes melitus terhadap pola hidup sehari-hari. Karya tulis ini disusun sebagai salah satu syarat untuk meraih Gelar Ahli Madya Keperawatan pada Direktorat pendidikan Fakultas Vokasi Universitas Muhammadiyah Malang. Saya Menyadari Bahwa penyelesaian karya tulis ini tidak akan tercapai tepat waktu tanpa dukungan dan bimbingan dari berbagai pihak. Oleh karena itu, saya mengucapkan Terimakasih Kepada :

1. Allah SWT atas Rahmat, Hidayah, dan Karunia-Nya yang melimpah. Berkat Pertolongan-Nya Saya dapat Menyelesaikan Karya Tulis Ilmiah ini.
2. Bapak Dr. Tulus Winarsunu, MSI, selaku Dekan Fakultas Vokasi Universitas Muhammadiyah Malang
3. Ibu Indah Dwi Pertiwi, M.Ng, selaku kaprodi D III Keperawatan Fakultas Vokasi Universitas Muhammadiyah Malang .
4. Bapak Dr. Yoyok Bakti Prasetyo, S.Kep, M.Kep., Sp.Kom. selaku dosen pembimbing yang sudah meluangkan waktu, tenaga dan Fikiran untuk menuntun saya dalam penyusunan karya Tulis Ilmiah ini.
5. Bapak dan Ibu Dosen DIII keperawatan yang telah mengerahkan semua ilmu dan pengetahuan selama perkuliahan Berlangsung
6. Kedua Orangtua dan Keluarga saya yang telah Memberikan Dukungan dan Do’a- Do’a ikhlas yang dapat menjadi sumber Inspirasi dan kekuatan bagi saya sepanjang progres penyusunan karya tulis Ilmiah ini

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DIII KEPERAWATAN

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SURAT KETERANGAN HASIL DETEKSI PLAGIASI

Berdasarkan hasil tes deteksi plagiasi yang telah dilakukan oleh Biro KTI Prodi D-3 Keperawatan Direktorat Pendidikan Vokasi Universitas Muhammadiyah Malang yang telah dilaksanakan pada hari 17 Desember 2024, pada karya tulis ilmiah mahasiswa di bawah ini :

Nama : WAHYU FEBRIANI
Nim : 202210300511001
Prodi : D-3 Keperawatan
Judul KTI : Strategi keluarga dalam mengatasi ketidakpatuhan pasien diabetes melitus terhadap pola hidup sehari - hari

Bidang Minat : Keluarga

Jenis Naskah : Karya Tulis Ilmiah

Keperluan : Mengikuti ujian hasil KTI

Hasilnya dinyatakan : Lolos, dengan Rincian Sebagai Berikut :

No	Jenis KTI	Maksimum Kesamaan	Hasil Deteksi
1.	Bab 1-V (pendahuluan – Kesimpulan dan Saran)	24	2

Keputusan : Lanjut Pemberkasan

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