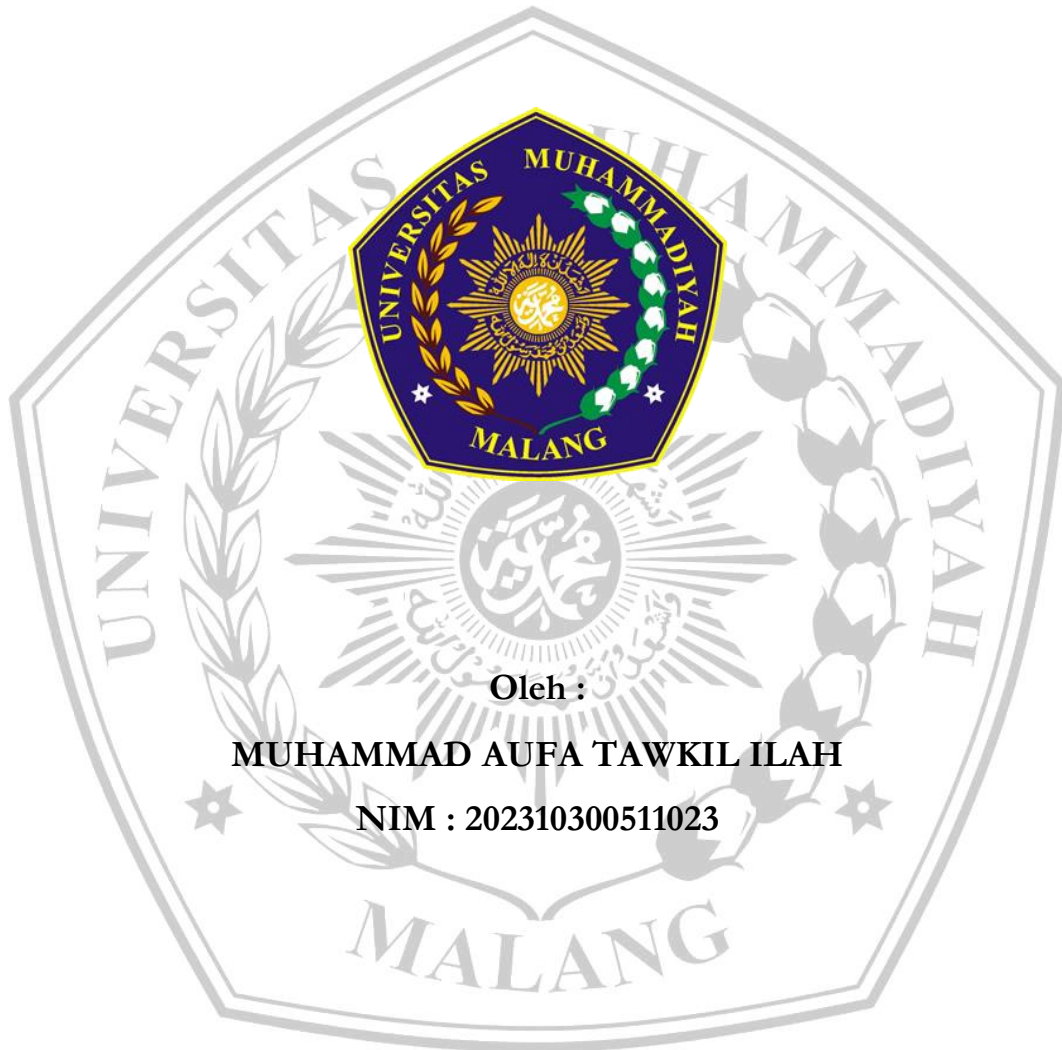


202310300511023
Muhammad Aufa Tawkil Ilah
D3 Keperawatan

Pengalaman Pasien dalam Menghadapi Diabetes Melitus Tipe 2 dan Hipertensi: Studi Kasus

Karya Tulis Ilmiah



**PROGRAM DIII KEPERAWATAN
FAKULTAS VOKASI
UNIVERSITAS MUHAMMADIYAH MALANG**

2025

202310300511023
Muhammad Aufa Tawkil Ilah
D3 Keperawatan

Pengalaman Pasien dalam Menghadapi Diabetes Melitus Tipe 2 dan Hipertensi: Studi Kasus

Karya Tulis Ilmiah

Diajukan Kepada Universitas Muhammadiyah Malang Untuk Memenuhi Salah Satu
Persyaratan Dalam Menyelesaikan Program Ahli Madya Keperawatan



**PROGRAM DIII KEPERAWATAN
FAKULTAS VOKASI
UNIVERSITAS MUHAMMADIYAH MALANG**

2025

202310300511023
Muhammad Aufa Tawkil Ilah
D3 Keperawatan

LEMBAR PERSETUJUAN

LEMBAR PERSETUJUAN

Pengalaman Pasien dalam Menghadapi Diabetes Melitus Tipe 2 dan Hipertensi:

Studi Kasus

Disusun Oleh:

MUHAMMAD AUFA TAWKIL ILAH

NIM: 202310300511032

Menyetujui

Malang,

Dosen Pembimbing



(Prof. Dr. Yoyok Bekti Prasetyo, M.Kep., Sp.Kom.)

NIDN. 0714097502

Ketua Program Studi DIII Keperawatan

Fakultas Vokasi

Universitas Muhammadiyah Malang



(Prof. Dr. Yoyok Bekti Prasetyo, M.Kep., Sp.Kom.)

NIDN. 0711038301

202310300511023
Muhammad Aufa Tawkil Ilah
D3 Keperawatan

LEMBAR PENGESAHAN

**PENGALAMAN PASIEN DALAM MENGHADAPI DIABETES MELITUS
TIPE 2 DAN HIPERTENSI: STUDI KASUS**

KARYA TULIS ILMIAH


Disusun Oleh :


MUHAMMAD AUFA TAWKIL ILAH
NIM : 202310300511023

Diuji pada tanggal 16 Desember 2025

Ketua Penguji,

Anggota Penguji 1,


(Nur Lailatul Masruroh, S.Kep., Ns.,
MNS)
NIDN. 11205010421

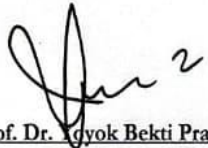

(Nur Melizza, S.Kep., Ns., M.Kep)
NIDN. 0716099002

Dekan Fakultas Vokasi
Universitas Muhammadiyah Malang

Anggota Penguji 2,



(Prof. Dr. Lailis Syafaah, M.T)
NIDN. 0721106301


(Prof. Dr. Gyok Bakti Prasetyo,
M.Kep., Sp.Kom)
NIDN. 0714097502

SURAT PERNYATAAN KEASLIAN TULISAN

SURAT PERNYATAAN KEASLIAN TULISAN

Saya yang bertanda tangan di bawah ini :

Nama : Muhammad Afa Tawkil Ilah

NIM : 202310300511023

Program Studi : D-III Keperawatan

Judul KTI : Pengalaman Pasien dalam Menghadapi Diabetes Melitus Tipe 2 dan Hipertensi: Studi Kasus

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

Malang, 14 Desember 2025

Yang membuat pernyataan,



Muhammad Afa Tawkil Ilah

202310300511023



ABSTRAK

Pengalaman Pasien dalam Menghadapi Diabetes Melitus Tipe 2 dan Hipertensi: Studi Kasus

Muhammad Afa Tawkil Ilah¹, Yoyok Bakti Prasetyo²

¹Mahasiswa Prodi DIII Keperawatan, Universitas Muhammadiyah Malang

²Dosen Keperawatan, Universitas Muhammadiyah Malang

Latar Belakang: Diabetes Melitus Tipe 2 dan hipertensi merupakan dua penyakit kronis yang sering terjadi bersamaan dan membutuhkan pengelolaan jangka panjang. Kondisi ini tidak hanya berdampak pada kesehatan fisik, tetapi juga memengaruhi kondisi psikologis dan sosial pasien. **Tujuan:** Penelitian ini bertujuan untuk mengeksplorasi pengalaman pasien dalam menghadapi komorbid Diabetes Melitus Tipe 2 dan hipertensi, serta memahami proses adaptasi yang dialami dalam mengelola penyakitnya. **Metode:** Penelitian menggunakan metode kualitatif dengan pendekatan studi kasus. Pengumpulan data dilakukan melalui wawancara mendalam menggunakan pedoman wawancara semi-terstruktur. Analisis data mengikuti tahapan identifikasi tema melalui proses reduksi, kategorisasi, dan interpretasi data. **Hasil:** Penelitian menemukan lima tema utama: perjalanan penyakit, respons emosional, strategi koping dan penyesuaian gaya hidup, dukungan keluarga, serta motivasi untuk sembuh. Pasien menghadapi tekanan fisik dan emosional, menggunakan koping sederhana untuk mengurangi stres, dan sangat terbantu oleh dukungan keluarga. Adaptasi pola makan dan kepatuhan obat menjadi bagian penting dalam pengelolaan penyakit. **Kesimpulan:** Penelitian ini menegaskan pentingnya pendekatan keperawatan holistik yang mempertimbangkan aspek fisik, emosional, dan sosial untuk meningkatkan kualitas hidup pasien dengan penyakit kronis.

Kata Kunci: Pengalaman Pasien, Diabetes Melitus Tipe 2, Hipertensi, Dukungan Keluarga, Strategi Koping

ABSTRACT

Patient Experiences in Managing Type 2 Diabetes Mellitus and Hypertension: A Case Study

Muhammad Afa Tawkil Ilah¹, Yoyok Bekt Prasetyo²

¹Student of DIII Nursing Study Program, University of Muhammadiyah Malang

²Lecturer of Nursing, University of Muhammadiyah Malang

Background: Diabetes Mellitus Type 2 and hypertension are chronic conditions that frequently occur together and require long-term management. These diseases not only affect the patient's physical health but also influence psychological and social well-being. **Objective:** This study aims to explore the experiences of a patient living with comorbid Diabetes Mellitus Type 2 and hypertension and to understand the adaptation processes involved in managing these chronic conditions. **Methods:** The study used a qualitative research design with a case study approach. Data were collected through in-depth interviews guided by semi-structured interview questions. Data analysis was carried out through theme identification using processes of reduction, categorization, and interpretation. **Results:** The study identified five main themes: illness journey, emotional responses, coping strategies and lifestyle adjustments, family support, and motivation for recovery. The patient faced physical and emotional strain, used simple coping methods to reduce stress, and relied heavily on family support. Dietary adaptation and medication adherence were essential in managing the condition. **Conclusion:** This study highlights the importance of a holistic nursing approach that addresses physical, emotional, and social aspects to improve the quality of life of patients with chronic illnesses.

Keywords: Patient Experience, Type 2 Diabetes Mellitus, Hypertension, Family Support, Coping Strategies

KATA PENGANTAR

Puji syukur saya panjatkan kepada Tuhan Yang Maha Esa, karena atas berkat dan rahmat-Nya, saya dapat menyelesaikan Karya Tulis Ilmiah ini. Penulisan Karya Tulis Ilmiah ini dilakukan dalam rangka memenuhi salah satu syarat untuk mencapai gelar Ahli Madya Keperawatan pada Fakultas Vokasi Universitas Muhammadiyah Malang. Saya menyadari bahwa, tanpa bantuan dan bimbingan dari berbagai pihak pada penyusunan Karya Tulis Ilmiah ini, sangatlah sulit bagi saya untuk menyelesaikan laporan ini. Oleh karena itu, saya mengucapkan terima kasih kepada:

1. Ibu Dr. Ir. Lailis Syafa'ah, M.T selaku Dekan Fakultas Vokasi Universitas Muhammadiyah Malang.
2. Ibu Indah Dwi Pratiwi, S.kep., Ns., M.Ng selaku kaprodi DIII Keperawatan Fakultas Vokasi Universitas Muhammadiyah Malang.
3. Bapak Prof. Dr. Yoyok Beki Prasetyo, S.Kep, M.Kep., Sp.Kom. selaku dosen pembimbing yang telah menyediakan waktu, tenaga, dan pikiran untuk mengarahkan saya dalam penyusunan Karya Tulis Ilmiah ini.
4. Bapak dan Ibu dosen DIII Keperawatan Universitas Muhammadiyah Malang yang telah memberikan ilmu dan pengetahuan selama kuliah.
5. Orang tua dan keluarga saya yang telah menjadi sumber kekuatan terbesar dalam setiap langkah perjalanan akademik penulis. Doa yang tak pernah terputus, kasih sayang yang tulus, kesabaran, serta dukungan moral dan material yang diberikan menjadi pondasi utama bagi saya untuk terus bertahan di tengah berbagai keterbatasan dan tantangan. Pengorbanan, perhatian, dan kepercayaan yang senantiasa diberikan menjadi motivasi terbesar sehingga saya mampu menyelesaikan Karya Tulis Ilmiah ini dengan sebaik-baiknya.

6. Seseorang yang memiliki arti khusus bagi saya yang dengan kesabaran, perhatian, dan dukungan emosional telah menjadi tempat berbagi cerita, lelah, dan semangat. Kehadirannya, baik secara langsung maupun tidak langsung, memberikan kekuatan dan motivasi tersendiri bagi saya untuk terus bertahan dan menyelesaikan Karya Tulis Ilmiah ini.
7. Sahabat-sahabat saya yang telah memberikan dukungan, motivasi serta menjadi tempat untuk berkeluh kesah.
8. Partisipan yang telah berperan aktif dan meluangkan waktu dalam penyelesaian Karya Tulis Ilmiah ini sehingga studi kasus ini dapat berjalan sesuai dengan yang diharapkan.

Semoga bantuan serta budi baik yang telah diberikan kepada penulis, mendapat balasan dari Allah SWT. Besar harapan penulis agar Karya Tulis Ilmiah akhir ini dapat bermanfaat.

Malang, 12 Desember 2025

Muhammad Afa Tawkil Ilah

DAFTAR ISI

LEMBAR PERSETUJUAN.....	iii
LEMBAR PENGESAHAN	iv
SURAT PERNYATAAN KEASLIAN TULISAN	vii
ABSTRAK	viii
ABSTRACT	ix
KATA PENGANTAR	x
DAFTAR ISI.....	xii
DAFTAR TABEL.....	xv
DAFTAR LAMPIRAN.....	xvi
BAB I.....	1
PENDAHULUAN.....	1
1.1 Latar Belakang.....	1
1.2 Rumusan Masalah	3
1.3 Tujuan Penelitian.....	3
1.3.1 Tujuan Umum	3
1.3.2 Tujuan Khusus	3
1.4 Manfaat Penelitian.....	4
1.4.1 Manfaat teoritis	4
1.4.3 Manfaat Sosial.....	5
BAB II.....	6
TINJAUAN PUSTAKA.....	6
2.1 Diabetes Melitus Tipe 2 (DMT2)	6
2.1.1 Pengertian.....	6
2.1.2 Patofisiologis.....	6
2.1.3 Faktor Risiko dan Penyebab.....	7
2.1.4 Gejala dan Diagnosis.....	7
2.2 Hipertensi pada Diabetes Melitus Tipe 2	8
2.2.1 Pengertian Hipertensi	8
2.2.2 Hubungan antara Hipertensi dan DMT2	8

2.2.3 Pengendalian Tekanan Darah.....	9
2.3 Pengalaman Pasien Penderita DMT2 dan Hipertensi.....	10
2.3.1 Konsep Pengalaman Pasien dalam Ilmu Keperawatan	10
2.3.2 Kaitan antara DMT2 dengan Respon Emosional.....	10
2.3.3 Strategi Koping dan Adaptasi	11
2.3.4 Peran dan Dukungan Keluarga dan Tenaga Kesehatan	12
BAB III.....	13
METODE PENELITIAN.....	13
3.1 Desain Penelitian.....	13
3.2 Tempat dan Waktu Penelitian.....	13
3.3 Setting Penelitian.....	14
3.4 Subjek Penelitian/Partisipan.....	14
3.5 Metode Pengumpulan Data	15
3.6 Metode Uji Keabsahan Data.....	17
3.7 Metode Analisis Data	18
3.8 Etika Penelitian.....	19
BAB IV.....	20
HASIL DAN PEMBAHASAN.....	20
4.1 Informasi Umum Partisipan	20
4.1.1 Cerita Singkat Partisipan.....	20
4.2 Hasil Penelitian.....	21
4.2.1 Perjalanan dan Pengalaman dalam Menghadapi Penyakit Kronis	22
4.2.2 Respons Emosional terhadap Penyakit	23
4.2.3 Strategi Koping dan Penyesuaian Diri	26
4.2.4 Dukungan Keluarga dalam Proses Adaptasi	31
4.2.5 Makna dan Motivasi untuk Sembuh	33
4.3 Pembahasan	35
4.3.1 Perjalanan dan Pengalaman dalam Menghadapi Penyakit Kronis	35
4.3.2 Respons Emosional terhadap Penyakit	37
4.3.3 Strategi Koping dan Penyesuaian Diri	40
4.3.4 Peran Dukungan Keluarga dalam Proses Adaptasi	44
4.3.5 Makna dan Motivasi untuk Sembuh	46

4.4 Keterbatasan Penelitian.....	49
BAB V.....	50
PENUTUP.....	50
5.1 Kesimpulan.....	50
5.2 Saran.....	51
5.2.1 Bagi Partisipan.....	51
5.2.2 Bagi Keluarga.....	51
5.2.3 Bagi Tenaga Kesehatan.....	51
5.2.4 Bagi Peneliti.....	52
DAFTAR PUSTAKA.....	53



DAFTAR TABEL

Tabel 4.1 Informasi umum partisipan	20
Tabel 4.2.1 Perjalanan dan pengalaman menghadapi penyakit kronis	22
Tabel 4.2.2 Respons emosional terhadap penyakit.....	24
Tabel 4.2.3 Strategi koping dan penyesuaian diri.....	27
Tabel 4.2.4 Dukungan keluarga dalam proses adaptasi	31
Tabel 4.2 5 Makna dan motivasi untuk sembuh	34



DAFTAR LAMPIRAN

Lampiran 1 Daftar Pertanyaan.....	62
Lampiran 2 Transkrip Wawancara Partisipan	63
Lampiran 3 Analisa Data	70
Lampiran 4 Lembar ACC Judul KTI.....	73
Lampiran 5 Log Book Konsultasi Pembimbing.....	74
Lampiran 6 Lembar Informed Consent Partisipan.....	75
Lampiran 7 Dokumentasi	76



DAFTAR PUSTAKA

- Abate, S. M., Thanigaimani, S., Sinha, M., Sun, D., & Golledge, J. (2025). A systematic review and meta-analysis testing the effect of lifestyle modification and medication optimization programs on cholesterol and blood pressure in patients with cardiovascular disease. *Systematic Reviews*, *14*(1), 153. <https://doi.org/10.1186/s13643-025-02857-5>
- Alfaqeeh, M., Alfian, S. D., & Abdulah, R. (2023). Factors Associated with Hypertension Among Adults: A Cross-Sectional Analysis of the Indonesian Family Life Survey. *Vascular Health and Risk Management*, *19*(November 2023), 827–836. <https://doi.org/10.2147/VHRM.S438180>
- Ali, J., Haider, S. M. S., Ali, S. M., Haider, T., Anwar, A., & Hashmi, A. A. (2023). Overall Clinical Features of Type 2 Diabetes Mellitus With Respect to Gender. *Cureus*, *15*(3). <https://doi.org/10.7759/cureus.35771>
- Alwhaibi, M. (2024). Depression, Anxiety, and Health-Related Quality of Life in Adults with Type 2 Diabetes. *Journal of Clinical Medicine*, *13*(20), 6028. <https://doi.org/10.3390/jcm13206028>
- Bangham, C., Cunnington, S., Fielman, S., Hurley, M., Gergerian, S., & Greece, J. A. (2023). Using formative evaluation of a community-based opioid overdose prevention program to inform strategic communication for adoption, implementation, and sustainability. *BMC Public Health*, *23*(1), 1–18. <https://doi.org/10.1186/s12889-023-15229-2>
- Bhor, N., & Nadh, P. O. (2024). Interfaces of 'being healthy and being ill': how is health being perceived by individuals with non-communicable chronic conditions? *International Journal for Equity in Health*, *23*(1), 108. <https://doi.org/10.1186/s12939-024-02188-2>
- Boima, V., Yorke, E., Ganu, V., Gyaban-Mensah, A., Ekem-Ferguson, G., Kretchy, I. A., & Mate-Kole, C. C. (2022). Coping strategies and resilience among patients with hypertension in Ghana. *Frontiers in Psychology*, *13*, 1038346. <https://doi.org/10.3389/fpsyg.2022.1038346>
- Chamseddine, Z. M., Nasrallah, M. P., Tamim, H., Nasreddine, L., & Elbejjani, M.

- (2024). Glycemic indicators and mental health symptoms: results from the greater Beirut area cardiovascular cohort. *Frontiers in Endocrinology*, 15(October), 1–12. <https://doi.org/10.3389/fendo.2024.1347092>
- Chandrasekaran, P., & Weiskirchen, R. (2024). The Role of Obesity in Type 2 Diabetes Mellitus—An Overview. *International Journal of Molecular Sciences*, 25(3). <https://doi.org/10.3390/ijms25031882>
- Chen, B., Xu, H., Shi, Y., Cheng, M., Chen, J., Su, X., Tang, H., Pan, D., & Yan, Q. (2025). Nighttime sleep duration and dual management of blood pressure and glycemia in Chinese with comorbid hypertension and diabetes. *Scientific Reports*, 15(1), 1–10. <https://doi.org/10.1038/s41598-025-12567-6>
- Cheng, C., & Christensen, M. (2024). Living with Multimorbidity through Time: A Meta-Synthesis of Qualitative Longitudinal Evidence. *Healthcare*, 12(4), 446. <https://doi.org/10.3390/healthcare12040446>
- Conduah, A. K., Essiaw, M. N., & Ofoe, S. H. (2025). Coping With Chronic Illness: A Systematic Review of Adaptive Strategies Across Cancer, COPD, Diabetes and Heart Disease. *Public Health Challenges*, 4(4). <https://doi.org/10.1002/puh2.70129>
- Dunbar-Jacob, J., & Zhao, J. (2025). Medication Adherence Measurement in Chronic Diseases: A State-of-the-Art Review of the Literature. *Nursing Reports*, 15(10), 370. <https://doi.org/10.3390/nursrep15100370>
- Embaye, J., Snoek, F. J., & de Wit, M. (2024). Coping strategies for managing diabetes distress in adults with type 1 and type 2 diabetes: a cross-sectional study on use and perceived usefulness. *Frontiers in Clinical Diabetes and Healthcare*, 5. <https://doi.org/10.3389/fcdhc.2024.1462196>
- Enyinnaya Calistus Jiakponna, Joshua Oluwasegun Agbomola, Oluwaseun Ipede, Lucy Oluebubechi Karakitie, Anjolaoluwa Joy Ogunsina, Kaosara Temitope Adebayo, & Mary Oluwasayo Tinuoye. (2024). Psychosocial factors in chronic disease management: Implications for health psychology. *International Journal of Science and Research Archive*, 12(2), 117–128. <https://doi.org/10.30574/ijrsra.2024.12.2.1219>
- Erdoğan Yüce, G., & Yıldırım, H. (2025). Mediating role of disease acceptance in the relationship between social support and adherence to treatment in patients with

type 2 diabetes. *Journal of Behavioral Medicine*, 48(4), 572–582.
<https://doi.org/10.1007/s10865-025-00567-w>

Flood, D., Edwards, E. W., Giovannini, D., Ridley, E., Rosende, A., Herman, W. H., Jaffe, M. G., & DiPette, D. J. (2022). Integrating hypertension and diabetes management in primary health care settings: HEARTS as a tool. *Revista Panamericana de Salud Publica/Pan American Journal of Public Health*, 46, 1–9.
<https://doi.org/10.26633/RPSP.2022.150>

Fritz, M., Grimm, M., My Hanh, H. T., Koot, J. A. R., Nguyen, G. H., Nguyen, T. P. L., Probandari, A., Widyaningsih, V., & Lensink, R. (2024). Effectiveness of community-based diabetes and hypertension prevention and management programmes in Indonesia and Viet Nam: A quasi-experimental study. *BMJ Global Health*, 9(5). <https://doi.org/10.1136/bmjgh-2024-015053>

Hajdarevic, S., Norberg, A., Lundman, B., & Hörnsten, Å. (2025). Becoming whole again—Caring for the self in chronic illness—A narrative review of qualitative empirical studies. *Journal of Clinical Nursing*, 34(3), 754–771.
<https://doi.org/10.1111/jocn.17332>

Hämel, K., Röhnsch, G., Heumann, M., Backes, D. S., Toso, B. R. G. de O., & Giovanella, L. (2022). How do nurses support chronically ill clients' participation and self-management in primary care? A cross-country qualitative study. *BMC Primary Care*, 23(1), 1–12. <https://doi.org/10.1186/s12875-022-01687-x>

He, K. J., Wang, H., Xu, J., Gong, G., Liu, X., & Guan, H. (2024). Global burden of type 2 diabetes mellitus from 1990 to 2021, with projections of prevalence to 2044: a systematic analysis across SDI levels for the global burden of disease study 2021. *Frontiers in Endocrinology*, 15(November), 1–13.
<https://doi.org/10.3389/fendo.2024.1501690>

Hinne, T., Mensah, B., Ogungbe, O., Bayuo, J., Donkoh, E. T., & Commodore-Mensah, Y. (2025). Prevalence of suboptimal blood pressure, glycemic control, and associated factors among patients with diabetes and hypertension in primary health care facilities in Ghana: a multicenter retrospective cross-sectional study. *BMC Primary Care*, 26(1). <https://doi.org/10.1186/s12875-025-02775-4>

- Hossain, A., Ahsan, G. U., Hossain, M. Z., Hossain, M. A., Sutradhar, P., Alam, S.-E., Sultana, Z. Z., Hijazi, H., Rahman, S. A., & Alameddine, M. (2025). Medication adherence and blood pressure control in treated hypertensive patients: first follow-up findings from the PREDICT-HTN study in Northern Bangladesh. *BMC Public Health*, *25*(1), 250. <https://doi.org/10.1186/s12889-025-21409-z>
- Ilori, T. O., Zhen, A., Velani, R. N., Zhao, R., Echouffo-Tcheugui, J., Anderson, C. A. M., Waikar, S. S., & Kengne, A. P. (2023). The impact of dietary and lifestyle interventions on blood pressure management in sub-Saharan Africa: a systematic review and metanalysis. *Journal of Hypertension*, *41*(6), 918–925. <https://doi.org/10.1097/HJH.0000000000003411>
- Ismail, L., Materwala, H., & Al Kaabi, J. (2021). Association of risk factors with type 2 diabetes: A systematic review. *Computational and Structural Biotechnology Journal*, *19*, 1759–1785. <https://doi.org/10.1016/j.csbj.2021.03.003>
- Jeong, S.-M. (2024). Primary Care Physicians' Important Role: Lifestyle Modification for Chronic Disease Management. *Korean Journal of Family Medicine*, *45*(5), 237–238. <https://doi.org/10.4082/kjfm.45.5E>
- Jia, G., & Sowers, J. R. (2021). Hypertension in Diabetes: An Update of Basic Mechanisms and Clinical Disease. *Hypertension*, *78*(5), 1197–1205. <https://doi.org/10.1161/HYPERTENSIONAHA.121.17981>
- Jiang, C., Zhu, F., & Qin, T. (2020). Relationships between Chronic Diseases and Depression among Middle-aged and Elderly People in China: A Prospective Study from CHARLS. *Current Medical Science*, *40*(5), 858–870. <https://doi.org/10.1007/s11596-020-2270-5>
- Justin, J., Fayol, A., Bruno, R. M., Khettab, H., & Boutouyrie, P. (2022). International Guidelines for Hypertension: Resemblance, Divergence and Inconsistencies. *Journal of Clinical Medicine*, *11*(7). <https://doi.org/10.3390/jcm11071975>
- Kaaffah, S., Soewondo, P., Riyadina, W., Renaldi, F. S., & Sauriasari, R. (2021). Adherence to treatment and glycemic control in patients with type 2 diabetes mellitus: A 4-year follow-up ptm bogor cohort study, indonesia. *Patient Preference and Adherence*, *15*, 2467–2477. <https://doi.org/10.2147/PPA.S318790>

- Kerari, A. (2024). Contribution of Disease-Specific Distress, Social Support, and Self-Efficacy to Diabetes Self-Management Behaviors in Saudi Adults: A Path Analysis. *Diabetes, Metabolic Syndrome and Obesity, Volume 17*, 3991–4001. <https://doi.org/10.2147/DMSO.S479395>
- Khalili Azar, K., Mirzaei, A., Babapour, A.-R., & Fathnezhad-Kazemi, A. (2024). The mediating effect of self-efficacy on the relationship between social support and medication adherence in adults with type 2 diabetes. *SAGE Open Medicine, 12*. <https://doi.org/10.1177/20503121231221446>
- Lévai, T., Lázár, G., Krajinovic, E., Devosa, I., & Látos, M. (2024). Examining illness narratives in the context of the postoperative psychological state : A mixed - methods study of emotion - focused illness narrative. *BioPsychoSocial Medicine*, 1–16. <https://doi.org/10.1186/s13030-024-00318-4>
- Li, J., Zhang, J., Wang, Y., Zhang, H., & Ma, Y. (2024). Does social support improve self-management among rural hypertensive patients? An empirical analysis based on generalized propensity score matching. *Frontiers in Public Health, 12*(January), 1–9. <https://doi.org/10.3389/fpubh.2024.1445946>
- Lin, C., Zhu, X., Wang, X., Wang, L., Wu, Y., Hu, X., Wen, J., & Cong, L. (2025). The impact of perceived social support on chronic disease self - management among older inpatients in China : The chain - mediating roles of psychological resilience and health empowerment. *BMC Geriatrics*. <https://doi.org/10.1186/s12877-025-05902-z>
- Luo, Z., Li, K., Chen, A., Qiu, Y., Yang, X., Lin, Z., Liu, J., Wu, Y., & Chen, J. (2024). The influence of family health on self-efficacy in patients with chronic diseases: the mediating role of perceived social support and the moderating role of health literacy. *BMC Public Health, 24*(1), 3398. <https://doi.org/10.1186/s12889-024-20906-x>
- Ma, Y., Xiang, Q., Yan, C., Liao, H., & Wang, J. (2021). Relationship between chronic diseases and depression: the mediating effect of pain. *BMC Psychiatry, 21*(1), 436. <https://doi.org/10.1186/s12888-021-03428-3>
- McCaskill, A., Gasch-Gallen, A., & Montero-Marco, J. (2024). The effect of nurse

health literacy interventions on patient health literacy scores in specialty consultations: a quasi-experimental study. *BMC Nursing*, 23(1), 786. <https://doi.org/10.1186/s12912-024-02447-1>

Meydan, C. H., & Akkaş, H. (2024). The role of triangulation in qualitative research: Converging perspectives. *Principles of Conducting Qualitative Research in Multicultural Settings*, July 2024, 98–129. <https://doi.org/10.4018/979-8-3693-3306-8.ch006>

Meyers, O., & Davidson, R. (2025). Time after time: longitudinal qualitative interviewing and the interplay between structure and agency in communication research. *Journal of Communication*, 75(4), 273–284. <https://doi.org/10.1093/joc/jqaf022>

Misra, R., & Nayeem, S. (2024). Social/Emotional Health, Mental Health and Quality of Life among Adults with Comorbid Diabetes and Hypertension: A Population-based Cross-sectional Study. *Journal of Appalachian Health*, 6(1–2), 117–132. <https://doi.org/10.13023/jah.0601.08>

Morales-Brown, L. A., Perez Algorta, G., & Salifu, Y. (2024). Understanding Experiences of Diabetes Distress: A Systematic Review and Thematic Synthesis. *Journal of Diabetes Research*, 2024(1). <https://doi.org/10.1155/2024/3946553>

Morgan, H. (2024). Using Triangulation and Crystallization to Make Qualitative Studies Trustworthy and Rigorous. *The Qualitative Report*. <https://doi.org/10.46743/2160-3715/2024.6071>

Oben, P. (2023). Understanding the Patient Experience: A Conceptual Framework. *Journal of Patient Experience*, 7(6), 906–910. <https://doi.org/10.1177/2374373520951672>

Oh, S., Kim, E., & Shoda, J. (2023). Editorial: Lifestyle modification strategies as first line of chronic disease management. *Frontiers in Physiology*, 14. <https://doi.org/10.3389/fphys.2023.1204581>

Parra, D. I., Guevara, S. L. R., & Rojas, L. Z. (2021). “Teaching: Individual” to improve adherence in hypertension and type 2 diabetes. *British Journal of Community Nursing*, 26(2), 84–91. <https://doi.org/10.12968/bjcn.2021.26.2.84>

- Pedro Costa, A., da Silva Brito, I., Mestre, T. D., Matos Pires, A., & José Lopes, M. (2025). Meshing Anxiety, Depression, Quality of Life, and Functionality in Chronic Disease. *Healthcare*, 13(5), 539. <https://doi.org/10.3390/healthcare13050539>
- Peeler, A., Nelson, K., Agrawalla, V., Badawi, S., Moore, R., Li, D., Street, L., Hager, D. N., Dennison Himmelfarb, C., Davidson, P. M., & Koirala, B. (2024). Living with multimorbidity: A qualitative exploration of shared experiences of patients, family caregivers, and healthcare professionals in managing symptoms in the United States. *Journal of Advanced Nursing*, 80(6), 2525–2539. <https://doi.org/10.1111/jan.15998>
- Peng, X., Guo, X., Li, H., Wang, D., Liu, C., & Du, Y. (2022). *A Qualitative Exploration of Self-Management Behaviors and Influencing Factors in Patients With Type 2 Diabetes*. 13(February), 1–11. <https://doi.org/10.3389/fendo.2022.771293>
- Perkins, K. (2025). Enhancing trustworthiness in qualitative research: Integrating quantitative validation in English language teaching studies. *Journal of Modern Research in English Language Studies*, 12, 133–145. <https://doi.org/10.30479/jmrels.2025.3838>
- Pianese, L., & Bordoni, B. (2025). Beyond the Biomedical Model: A Critical Review of the Approach to Chronic Pain and the Proposal of an Integrated Functional Model. *Cureus*, 17(6). <https://doi.org/10.7759/cureus.85717>
- Pilusa, T. D., Ntimana, C. B., Maphakela, M. P., & Maimela, E. (2025). Exploring patients' understanding of behavioral risk factors for non-communicable diseases: a study on diabetes and hypertension in Bushbuckridge, South Africa. *BMC Public Health*, 25(1). <https://doi.org/10.1186/s12889-025-22514-9>
- Purc-Stephenson, R. J., & Edwards, R. (2024). Finding meaning in chronic illness and its relationship to psychological well-being: A mixed-methods study. *PLOS Mental Health*, 1(4), e0000121. <https://doi.org/10.1371/journal.pmen.0000121>
- Qama, E., Rubinelli, S., & Diviani, N. (2022). Factors influencing the integration of self-management in daily life routines in chronic conditions: a scoping review of qualitative evidence. *BMJ Open*, 12(12), e066647.

<https://doi.org/10.1136/bmjopen-2022-066647>

Ramadhani, F. A., & Cahyati, W. H. (2023). Type 2 Diabetes Mellitus (Case Study at Insan Rizkillah Clinic). *Asian Journal of Healthcare Analytics*, 2(1), 247–254. <https://doi.org/10.55927/ajha.v2i1.4017>

Semerci Çakmak, V., Sönmez Sari, E., & Çetinkaya Özdemir, S. (2025). Experiences of adults with type 2 diabetes mellitus with low socioeconomic status: a qualitative study. *BMC Public Health*, 25(1), 381. <https://doi.org/10.1186/s12889-025-21582-1>

Singh, K., Kaushik, A., Johnson, L., Jaganathan, S., Jarhyan, P., Deepa, M., Kong, S., Venkateshmurthy, N. S., Kondal, D., Mohan, S., Anjana, R. M., Ali, M. K., Tandon, N., Narayan, K. M. V., Mohan, V., Eggleston, K., & Prabhakaran, D. (2021). Patient experiences and perceptions of chronic disease care during the COVID-19 pandemic in India: a qualitative study. *BMJ Open*, 11(6), e048926. <https://doi.org/10.1136/bmjopen-2021-048926>

Song, X., Hallensleben, C., Li, B., Zhang, W., Jiang, Z., Shen, H., Gobbens, R. J. J., Chavannes, N. H., & Versluis, A. (2022). *Illness Perceptions and Self-Management among People with Chronic Lung Disease and Healthcare Professionals : A Mixed-Method Study Identifying the Local Context.*

Stenberg, J., & Hjelm, K. (2024). Social support as perceived, provided and needed by family-members of migrants with type 2 diabetes – a qualitative study. *BMC Public Health*, 24(1), 1612. <https://doi.org/10.1186/s12889-024-19101-9>

Storz, M. A. (2021). Lifestyle Adjustments in Long-COVID Management: Potential Benefits of Plant-Based Diets. *Current Nutrition Reports*, 10(4), 352–363. <https://doi.org/10.1007/s13668-021-00369-x>

Tan, M., Zhao, H., Nie, R., Deng, P., & Wang, C. (2025). Sleep as a mediator between chronic diseases and depression: a NHANES study (2005–2018). *Frontiers in Psychology*, 16. <https://doi.org/10.3389/fpsyg.2025.1522536>

Uthman, O. A., Ayorinde, A., Oyebode, O., Sartori, J., Gill, P., & Lilford, R. J. (2022). Global prevalence and trends in hypertension and type 2 diabetes mellitus among slum residents: A systematic review and meta-analysis. *BMJ Open*, 12(2), 1–12.

<https://doi.org/10.1136/bmjopen-2021-052393>

Walløe, S., Beck, M., Lauridsen, H. H., Morsø, L., & Simonj, C. (2024). Quality in care requires kindness and flexibility – a hermeneutic-phenomenological study of patients' experiences from pathways including transitions across healthcare settings. *BMC Health Services Research*, 24(1), 1–10. <https://doi.org/10.1186/s12913-024-10545-8>

Wei, Y., Zhang, J., Tai, X., Weng, S., Wang, Y., & Zhu, G. (2025). Diabetes Distress and Self-Efficacy Mediate the Relationship Between Family Function and Coping in Young and Middle-Aged Patients with Type 2 Diabetes Mellitus. *Diabetes, Metabolic Syndrome and Obesity, Volume 18*, 3283–3295. <https://doi.org/10.2147/DMSO.S530882>

Westman, E. C. (2021). Type 2 Diabetes Mellitus: A Pathophysiological Perspective. *Frontiers in Nutrition*, 8(August), 1–5. <https://doi.org/10.3389/fnut.2021.707371>

Whitehead, L., Palamara, P., Babatunde-Sowole, O. O., Boak, J., Franklin, N., Quinn, R., George, C., & Allen, J. (2023). Nurses' experience of managing adults living with multimorbidity: A qualitative study. *Journal of Advanced Nursing*, 79(7), 2514–2524. <https://doi.org/10.1111/jan.15600>

Yang, J., Xia, Y., Sun, Y., Guo, Y., Shi, Z., Cristina, N., Zuo, H., & Hussain, A. (2023). Diabetes Research and Clinical Practice Effect of lifestyle intervention on HbA1c levels in overweight and obese adults with type 2 diabetes across ethnicities : A systematic review and meta -analysis of randomized controlled trials. *Diabetes Research and Clinical Practice*, 199(March), 110662. <https://doi.org/10.1016/j.diabres.2023.110662>

YILDIRIM, D., AKMAN, Ö., & DOKUMACI, D. (2023). Perceived social support and psychological well-being in patients with chronic diseases. *Balikesir Health Sciences Journal*. <https://doi.org/10.53424/balikesirsbd.1202679>

Yu, Y., Yan, L., Yao, M., Sun, G., Xu, L., & Tang, H. (2025). Family support and its determinants among older patients with chronic diseases in Guangzhou communities: a mixed-methods study. *Scientific Reports*, 15(1), 21719. <https://doi.org/10.1038/s41598-025-08354-y>

Sertifikat Plagiasi

 UNIVERSITAS MUHAMMADIYAH MALANG  	DIREKTORAT PENDIDIKAN VOKASI		
	DIII KEPERAWATAN		
	d3keperawatan.umm.ac.id d3-akper@umm.ac.id		
	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 12 Desember 2025, pada karya tulis ilmia mahasiswa di bawah ini :		
	Nama	: MUHAMMAD AUFA TAWKIL ILAH	
	Nim	: 202310300511023	
	Prodi	: D-3 Keperawatan	
	Judul KTI	: Pengalaman Pasien dalam Menghadapi Diabetes Melitus Tipe 2 dan Hipertensi: Studi Kasus	
	Bidang Minat	: Komunitas	
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	7
Keputusan	: Lanjut Pemberkasan		
Malang, 12 Desember 2025			
			
Ns Nurilla Kholidah, S.Kep., M.Kep.			
Ketua KTI D3 Keperawatan			

MALANG