

FACTORS AFFECTING SELF CARE MANAGEMENT OF PATIENTS WITH TYPE 2 DIABETES MELLITUS: NARRATIVE REVIEW

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Abstract

Diabetes Mellitus (DM) is a non-communicable disease whose number is increasing. The prevalence of DM patients in Indonesia reaches 10.8 million per year 2020. Control and prevention of DM is carried out by means of self care (self care management). DM patients are often not aware of the importance of self-care management due to lack of knowledge, unsupportive family and lack of self-confidence. To know and analyze the factors that influence and are the most dominant in self care management of type 2 DM patients. Methods: Narrative review research design. Journal criteria are filtered based on literature titles, abstracts and keywords or keywords that have been determined and sourced from Biomed Central, Elsevier, Google Scholar, PubMed and Garuda Portal which were identified through the Population, Interventions, Comparison, Outcomes and Study Design (PICOS) systems approaches. The number of articles used for this research literature is 16 journals. Results is The factors that can affect the self-care management of type 2 DM patients from 16 journals. After the analysis, the factors that most influence the self-care management of type 2 DM patients are family support (12 journals), knowledge (7 journals) and self-efficacy. (5 journals). Conclusion is Nurses should perform nursing care in an effort to improve self-care management of DM patients by paying attention to the factors that influence it, namely family support, knowledge, and self-efficacy.

Keywords: Factors, Self Care Management, Type 2 Diabetes Mellitus.

Introduction

Diabetes Mellitus (DM) is one of the non-communicable diseases that will increase in number in the future (Manto, 2017). Number of DM patients worldwide according to International Diabetes Federation (IDF) data by 2020 as many as 463 million adults (20-79 years). This number will increase until in 2045 which is estimated to reach 700 million people (IDF, 2020). The prevalence of DM patients in Indonesia reached 6.2%, which means that there are more than 10.8 million people suffering from DM per year 2020 (Pranita, 2020). Basic Health Research Data in 2018 the prevalence of DM in Indonesia diagnosed by doctors was 2.0%, the highest was in Jakarta 3.4%, East Kalimantan 3.1%, Yogyakarta 3.1%, North Sumatra

3.0% and Java Sleeping 2.6% while in Kalimantan Province it was 1.8%(Ministry of Health RI, 2018).

The number of DM sufferers in South Kalimantan Province in 2019 was 57,860 people. The highest number of people with diabetes mellitus is in Banjarmasin City as many as 20,154 people while the smallest diabetes mellitus sufferer is in Tanah Bumbu Regency as many as 736 people.(South Kalimantan Provincial Health Office, 2019). DM disease control and prevention is needed a high will to change one's lifestyle in a positive direction. One thing that can be done is by doing self-care such as self-care management(Cahyono, 2011). *self care* DM management is an action or program that is the responsibility of DM sufferers and must be carried out throughout the sufferer's life (Putri, 2017). PThe management and management of DM is focused on the five main pillars of diabetes, namely diet, exercise, medical treatment, self-monitoring of blood sugar and foot care.(Augustini, 2017).

self care DM management is a health behavior. Factors that contribute to a person's health behavior are influenced by three factors, namely: predisposing factor, enabling factor and reinforcing factor. Predisposing factors are manifested in attitudes, self-efficacy (beliefs) and knowledge. The enabling factors are manifested in the physical environment (availability or unavailability of health facilities or facilities), such as health centers, medicines and others. The reinforcing factors are manifested in the attitudes and behavior of health workers, community leaders, religious leaders and families.(Mubarak, 2011). Knowledge of the patient will increase his ability to care for himself so that the patient is able to maintain health and be able to prevent various complications. Families who provide assistance in the form of warmth, friendliness, emotion so that they participate in helping the patient's success in carrying out self care(Prasetyani, 2018). The existence of self-efficacy or a strong belief will form an attitude that cares about oneself. The addition of knowledge, social support, self-ability in carrying out activities and beliefs or beliefs is a strategy that can improve self-care management of DM patients(Mustarim, 2019). Based on this description, the researcher is interested in conducting a narrative review study on “Analysis of Factors Affecting Self Care Management of Type 2 Diabetes Mellitus Patients.

Materials and Methods

Narrative review research design. The narrative review search strategy in this research is to use an electronic based that is accredited/indexed by sinta such as Biomed Central, Portal Garuda, Google Scholar, Elsevier and PubMed by using keywords“Family Support, Knowledge, Self-Efficacy, Diabetes Mellitus Management Self Care and with other keywords that are relevant to these keywords. The search was conducted in May 2021.

Narrative review criteria in this study were determined using the Population, Intervention, Outcome, Comparison, Outcome, Study Design (PICOS) Freamwork strategy.

Results and Discussion

Based on the findings about the factors that can affect the self-care management of type 2 DM patients from 16 journals. self-efficacy (5 journals). The first factor that affects self-care management of type 2 DM patients is family support. The results show that there are 12 journals in the literature, all of which state that there is an effect of family support on self-care management of type 2 DM patients. One of the factors that influence self care management of type 2 DM patients is family support. Family support is needed, especially in providing care for type 2 DM patients. This is in accordance with research (Farida, 2018) stated that the influence of family support on self-care management of type 2 DM patients. plays an important role in determining the patient's eating patterns, determining the foods that can and should not be eaten and help prepare foods that are in accordance with the patient's condition so that it will have a major impact in facilitating the research respondents to implement self-care management to the fullest.

The results of the study are in line with research conducted by (Rahmawati, 2018) which states that family information support has a relationship with self-care for type 2 DM clients. the respondent's ability to carry out self-care self-management. This is also in line with research (Rahmadani, 2019) shows that The lowest average value of the family social support indicator is information support with a value of 2.53. This means that this study also shows that the family does not provide support in the form of information to type 2 DM patients. Researchers in this journal explain that this situation is caused because there are still many families who do not know and understand about type 2 DM disease itself so that they cannot provide information. any information about type 2 DM. The second factor that most influences self-care management of type 2 DM patients is knowledge. Someone who already knows a lot about diabetes mellitus, especially about its management, will make it easier for patients to carry out self-medication and self-care independently. Knowledge of DM type 2 which does not cause respondents to think that self-care is not so important and will be in vain because they already have diabetes type 2 so that the respondent's interest does not appear to maintain food, control sugar levels, take care of feet, take medicine. This is in accordance with research (Azmiardi, 2020) who got that Type 2 DM patients with high knowledge have the opportunity to practice self-care which is 5.58 times better than type 2 DM patients with low knowledge.

The emergence of good self-management behavior is based on knowledge (Mustarim, 2019). The patient's health knowledge will be able to prevent the possibility of complications and complications of type 2 DM (Literature, 2020). The third biggest factor that influences self care management of type 2 DM patients is self-efficacy. The existence of high self-efficacy will indirectly lead to motivation to recover so that respondents can carry out self-care optimally. Respondents' self-confidence to be high or low can be formed by themselves. A sense of self-efficacy gives confidence in type 2 DM patients themselves to show a certain behavior and change a certain mindset, thereby managing type 2 diabetes and preventing complications. This is in accordance with what was stated by (Alice, 2020) in his journal mentions that type 2 DM patients who have good self-efficacy do more good self-management as well.

Confidence is a strategy that can improve self-care management of DM patients type 2 (Mustarim, 2019). *Self efficacy* good patient will reflect good self care management (Literature, 2020). Based on the literature above, it can be concluded that the most influencing factors for self-care management of type 2 DM patients are family support, knowledge and self-efficacy. Family support affects self-care management of type 2 DM patients because with the help of the family it will make it easier for patients to comply with treatment and care to lower blood sugar levels. Type 2 DM, which is a disease that is difficult to cure even for a lifetime, of course has limited physical ability to carry out daily life compared to healthy people, so various help or support from other people, especially the closest family to the respondent is needed. The next most influencing factor is knowledge. Patient who have good knowledge about DM type 2. The higher a person's knowledge about DM type 2 and its management, the better the implementation of respondent management self care. The third most influencing factor is self care management of DM patient type 2 is self-efficacy. Confidence from within will give suggestions to patients themselves that what they are doing will not be in vain, confident that it will provide benefits so that patients will be able to carry out self-care self-management properly.

Conclusion

Factors that can affect self-care management of type 2 DM patients include family support, knowledge and self-efficacy of type 2 DM patients.

Acknowledgements

Thank you to God Almighty who has bestowed blessings, gifts and guidance so that I can finish this research well, thank you to my parents and my family who always pray for and

encourage me to do this research diligently, thank you to Sari Mulia University who has allowed me to do research using the method *Narrative review* and thanks also to supervisors 1 and 2, Mrs. Onieqie Ayu Dhea Manto, Ns., M.Kep and Mr. Sandi Suwardi, S.Kep., Ns., M.Kes.

Declaration of Interest Statement

The authors declare that they have no conflict of interests.

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