

POLTEKKES KEMENKES TANJUNGPINANG
JURUSAN KEPERAWATAN
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**PENGARUH EDUKASI TERHADAP PERILAKU PERAWATAN KAKI
PADA PASIEN DIABETES MELLITUS TIPE 2 DI WILAYAH KERJA
PUSKESMAS RAWAT INAP PANJANG BANDAR LAMPUNG TAHUN 2025**

(xvii + 46 halaman, 9 Tabel, 3 gambar, 14 Lampiran)

ABSTRAK

Menurut data International Diabetes Federation (IDF), terdapat sekitar 19,47 juta penderita Diabetes Mellitus (DM) di Indonesia. Survei Kesehatan Indonesia 2023 menunjukkan prevalensi DM sebesar 11,7%. Di Provinsi Lampung, jumlah penderita DM tahun 2023 mencapai 91.693 orang, dengan 19.003 di antaranya berada di Bandar Lampung. Di Puskesmas Rawat Inap Panjang, jumlah penderita DM tipe 2 pada 2024 tercatat 1.378 orang. Penelitian ini bertujuan mengetahui pengaruh edukasi terhadap perilaku perawatan kaki pada pasien DM di wilayah kerja Puskesmas Rawat Inap Panjang Bandar Lampung tahun 2025. Penelitian menggunakan desain kuantitatif *pre-experiment* dengan rancangan *one group pretest-posttest* dan teknik *purposive sampling*. Sampel berjumlah 34 pasien DM tipe 2. Variabel independen adalah edukasi perawatan kaki dan variabel dependen adalah perilaku perawatan kaki. Instrumen yang digunakan adalah kuesioner *Nottingham Assessment of Functional Foot Care* (NAFF), selanjutnya data yang diperoleh dianalisis dengan Uji *Paired Sample T-Test*. Hasil penelitian menunjukkan peningkatan skor rata-rata perilaku perawatan kaki dari 40,09 menjadi 68,10 setelah edukasi, dengan nilai $p = 0,000$ ($p < 0,05$) yang berarti terdapat pengaruh signifikan edukasi terhadap perilaku perawatan kaki. Penelitian ini dapat dijadikan masukan bagi tenaga kesehatan dalam pemberian edukasi perawatan kaki, dengan metode ceramah dan pemberian *booklet* sebagai media panduannya. Dan dapat dijadikan sebagai referensi bagi peneliti selanjutnya untuk melakukan penelitian mengenai pengaruh edukasi perawatan kaki terhadap perilaku perawatan kaki pada pasien DM tipe 2.

Kata Kunci : Edukasi, Perilaku Perawatan Kaki, DM Tipe 2

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THE EFFECT OF EDUCATION ON FOOT CARE BEHAVIOR IN DIABETES MELLITUS TYPE 2 PATIENTS IN THE PANJANG INPATIENT HEALTH CENTER WORK AREA BANDAR LAMPUNG YEAR 2025

(xvii + 46 pages, 9 tables, 3 pictures, 14 attachments)

ABSTRACT

According to data from the International Diabetes Federation (IDF), there are approximately 19.47 million people with Diabetes Mellitus (DM) in Indonesia. The 2023 Indonesian Health Survey showed a DM prevalence of 11.7%. In Lampung Province, the number of DM patients in 2023 reached 91,693 people, with 19,003 of them in Bandar Lampung. At the Panjang Inpatient Health Center, the number of people with type 2 DM in 2024 was recorded at 1,378 people. This study aims to determine the effect of education on foot care behavior in DM patients in the Panjang Inpatient Health Center working area in Bandar Lampung in 2025. The study used a quantitative pre-experiment design with a one group pretest-posttest design and purposive sampling technique. The sample amounted to 34 patients with type 2 diabetes. The independent variable is foot care education and the dependent variable is foot care behavior. The instrument used was the Nottingham Assessment of Functional Foot Care (NAFF) questionnaire, furthermore the data obtained were analyzed with the Paired Sample T-Test. The results showed an increase in the average score of foot care behavior from 40.09 to 68.10 after education, with a p value of 0.000 ($p < 0.05$), which means there is a significant effect of education on foot care behavior. This study can be used as input for health workers in providing foot care education, using the lecture method and providing booklets as media guides. And can be used as a reference for further researchers to conduct research on the effect of foot care education on foot care behavior in type 2 DM patients.

Keyword : Education, Foot Care Behavior, DM Type 2

Bibliography : 2018-2024