

ABSTRACT

The Effects of Self-Care Theory-Based Psychoeducation on Knowledge, Compliance, Care Independence, and Blood Glucose Levels in Type 2 Diabetes Mellitus Patients

Introduction. According to the World Health Organization, the number of people with diabetes mellitus is growing every year, mainly due to the lack of information, dietary non-compliance, medication, and physical activity, resulting in uncontrolled blood glucose levels. The researcher attempted to analyze how self-care theory-based psychoeducation affected knowledge, compliance, care independence, and blood glucose levels in type 2 diabetes patients. **Method.** Two stages were utilized in this research. In stage I, the qualitative research type employed was case study research, however in stage II, the experimental research type used a Quasi-Experimental research design using a pre-post test technique. A simple random selection approach was used to choose the sample, which consisted of 6 participants in stage I and 64 respondents in stage II, who were divided into 32 intervention groups and 32 control groups. Psychoeducation, based on the self-care theory, was the independent variable. Knowledge, compliance, and care independence were all variables. Blood glucose levels were the dependent variable. In this research, interviews, questionnaires, glucometers, and modules were all used. The Mann-Whitney U, a Paired t-test, was employed in the analysis. **Result.** Research in the stage I obtained 4 themes, namely knowledge, self-motivation, social motivation, behavioral skills. The findings of the phase 2 research with $p < .000$ indicated that there was an impact on knowledge, compliance, independence of care, and blood glucose levels in the provision of psychoeducation based on self-care theory. **Discussion.** Psychoeducation-based self-care theory enabled patients with type 2 diabetes mellitus improve their knowledge, compliance, care independence, and lower blood glucose levels.

Kata kunci: Type 2 Diabetes Mellitus, Psychoeducation, Blood glucose Levels, Care Independence, Compliance, Knowledge, Self-Care Theory