

ABSTRACT

The Effect of Education and Support Group of Theory-Based Self-Care on Adherence, Independent Foot Care, and Blood Glucose Levels in Type 2 Diabetes Mellitus Patients

Introduction: WHO predicts the number of people with diabetes mellitus is increasing every year, this is due to non-compliance with diet, medication, and activity so that blood glucose levels are not controlled. The purpose of this study was to analyze the effect of education and support groups of theory-based self-care on adherence, independent foot care, and blood glucose levels in type 2 diabetes mellitus patients. **Methods:** This type of research used mixed methods. In stage I, this type of descriptive qualitative research approach case study uses in stage II uses research design Quasy-Experimental with approach pre-post-test control group design. The sample was taken method with purposive sampling a total of 6 participants in stage I and stage II totaling 54 respondents consisting of 27 intervention groups and 27 control groups. The independent variable is the education and support group. The dependent variables were adherence, independent foot care, and blood glucose levels. The instruments used interviews, questionnaires, glucometer, and modules. Analysis using the MANOVA test with a significant value $\alpha = 0.05$. **Results:** The results showed that the study was that there was an effect of education and support group based theory self-care on dietary compliance ($p=0.000$), medication adherence ($p=0.000$), activity adherence ($p=0.000$), independent foot care ($p=0.000$) and levels blood glucose ($p=0.000$). **Discussion:** Education and support groups based on self-care theory can help to improve adherence, independent foot care, and reduce blood glucose levels in patients with type 2 diabetes mellitus.

Keywords: *Diabetes mellitus, Education and support group, Blood glucose level, Independence of foot care, Compliance, theory Self-care*