PENGARUH *COGNITIVE BEHAVIOR THERAPY* (CBT) DALAM MENINGKATKAN *SELF-CARE MANAGEMENT* PADA PENDERITA DIABETES MELITUS TIPE II

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ABSTRAK

Penelitian ini bertujuan untuk dapat mengetahui pengaruh *cognitive behavior therapy* dalam meningkatkan *self-care management* pada penderita diabetes melitus tipe 2. Metode penelitian ini menggunakan *single case experiment* yang menggabungkan antara metode kuantitatif dan kualitatif. Partisipan pada penelitian ini diambil dengan teknik *purposive* sampling berdasarkan atas kriteria inklusi dan eksklusi. Partisipan berjumlah dua orang dengan jenis kelamin perempuan. Partisipan merupakan penderita diabetes melitus tipe 2 yang memiliki *self-care management* rendah. Metode kuantitatif pada penelitian ini dilakukan dengan cara membandingkan skor *Summary of Self-Care Activities* (SDSCA) pada saat *pre-test, post-test dan follow up. Behavioral check list* yang telah disusun kemudian dianalisis menggunakan metode *trend analysis. Cognitive Behavior Therapy* disusun dalam 6 sesi selama 4 minggu dengan menyasar pada distorsi kognitif penyebab rendahnya *self-care management* pada kedua peserta penelitian ini. Hasil intervensi menunjukkan bahwa *cognitive behavior therapy* dapat membantu partisipan untuk mengidentifikasi distorsi kognitif yang dialami sehingga memengaruhi perilaku *self-care management* kedua partisipan Hal ini terlihat dari perubahan skor antara *pre-test* dan *post-test* serta dari hasil *trend analysis* yang menunjukkan peningkatan *self-care management* pada kedua partisipan secara signifikan.

Kata Kunci: *cognitive behavior therapy, self care management,* distorsi kognitif, diabetes melitus tipe 2.

THE EFFECT OF *COGNITIVE BEHAVIOR THERAPY* (CBT) IN IMPROVING *SELF-CARE MANAGEMENT* IN TYPE II DIABETESPATIENTS

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ABSTRACT

This study aims to determine the effect of cognitive behavior therapy in improvingself-care management in patients with type 2 diabetes mellitus. This research method uses a single case experiment that combines quantitative and qualitative methods. Participants in this study are women with type 2 diabetes mellitus who were taken by purposive sampling technique based on inclusion and exclusion criteria that have a love self-care management. The quantitative method in this study was carried out by comparing the Summary Self-Care Activities (SDSCA)scores at the pre-test, post-test and follow up. The behavioral check list that has been compiled the analyzed using the trend analysis method. Cognitive Behavior Therapy is organized into 6 sessions over 4 weeks by targeting the cognitive distortions that cause low self-care management in the two participants. This can be seen from the change in scores between pre-test and post-test as well as from the results of trendy analysis which showed a significant increase in self- care management in both participants.

Keyword: cognitive behavior therapy, self-care management, cognitive distortion,type 2 diabetes mellitus