ABSTRAK

Herman Priyono Luawo : Aplikasi e-diary DM sebagai alat monitoring Pasien Diabetes Mellitus (dibimbing oleh : **Elly L. Sjattar** dan **Burhanuddin Bahar**)

Tujuan penelitian untuk mengevaluasi manajemen selfcare dengan menggunakan aplikasi e-diary dan untuk mengetahui efektivitas aplikasi e-diary pada pasien diabetes mellitus

Penelitian ini menggunakan metode penelitian quasi eksperimen dengan rancangan *pre post test with control group design*, Untuk analisa data dilakukan dengan uji Wilcoxon dan Mann Whitney. Populasi pada penelitian ini adalah pasien yang tercatat telah dirawat di Poliklinik diabetes Mellitus Rumah sakit Prof. Dr. H. Aloei Saboe Kota Gorontalo.

Hasil penelitian menunjukkan bahwa terdapat pengaruh 75,9 % penerapan e-diary memberikan kontribusi secara signifikan terhadap manajemen selfcare (P value=0,000) walaupun telah dikontrol oleh usia dan lama menderita DM. Demikian pula untuk faktor perancunya sendiri yaitu lama menderita DM juga memberikan kontribusi yang signifikan terhadap manajemen self care karena memiliki P value $< \alpha$ 0,05.

Keywords: Diabetes mellitus, Manajemen Self care, e-diary

ABSTRACT

Herman Priyono Luawo : Application e-diary DM as a monitoring tool for Diabetes Mellitus Patients (supervised by: **Elly L. Sjattar** and **Burhanuddin Bahar**)

Objective This study aims to determine the evaluation of diet management selfcare management using the e-diary application and to determine the effectiveness of e-diary applications in patients with diabetes mellitus.

Method The research design employs quasi experiment with pre post-test design with control group design. Data analysis was performed with Wilcoxon and Mann Whitney Tests. The population of the study were patients who were recorded as having been treated at the Diabetes Polyclinic of Prof. H. Aloei Saboe Hospital, Gorontalo City for the past 5 months. Determination of samples using random sampling technique.

Result : there is an influence of 75.9%, where the application of e-diary contributes significantly to selfcare management (P value = 0,000) even though it has been controlled by age and duration of suffering from DM. Likewise for the confounding factor itself, the duration of suffering from DM also contributes significantly to self-care management because it has a P value $< \alpha$ of 0.05.

Keywords: Diabetes mellitus, Self-care management, e-diary