

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

1. Pasien diabetes melitus tipe 2 yang berobat di Puskesmas “X” Surabaya Selatan dalam periode Februari-Maret tergolong dalam keberhasilan target terapi yang tercapai.
2. Berdasarkan hasil penelitian bahwa manajemen diri memiliki pengaruh terhadap kontrol gula darah pada pasien yang terdiagnosa diabetes melitus tipe 2 yang berobat di Puskesmas “X” Wilayah Surabaya Selatan.
3. Berdasarkan hasil uji statistik data yang didapatkan adalah bahwa tidak ada pengaruh signifikan antara korelasi manajemen diri dengan keberhasilan terapi pada pasien diabetes melitus tipe 2 yang berobat di Puskesmas “X” Wilayah Surabaya Selatan.

5.2 Saran

1. Pada hasil penelitian yang dilakukan ini tingkat keberhasilan target terapi gula darah pada pasien diabetes melitus tipe 2 di Puskesmas “X” Wilayah Surabaya Selatan terdapat hasil target terapi yang tercapai, tetapi masih ada juga beberapa pasien yang tergolong tidak tercapai sedang sehingga perlu edukasi dan pendekatan kepada pasien untuk meningkatkan keberhasilan target terapi gula darah dalam manajemen diri.
2. Perlunya dilakukan dukungan keluarga untuk melakukan manajemen diri agar gula darah terkontrol optimal.

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