

ABSTRACT

Title : *The Effect of Social Support on Self Management in Patients with Type II Diabetes in Kalideres Health Center*

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Diabetes mellitus is a chronic disease caused by a disruption of insulin work, both in quantity and quality so that blood glucose levels tend to rise. Because it is incurable, complex self-care or self-management is needed. A person suffering from type II diabetes requires empathy, affection, friendship and physical assistance to undergo self-management. The purpose of this study was to determine the effect of social support on self-management in people with type II diabetes. This research uses non-experimental quantitative methods. Non-probability sampling technique, with purposive sampling. Study sample 100 people with type II diabetes. Social support measuring instrument with a reliability value (α) of 0.927 with 37 valid items and self-management with a reliability value (α) of 0.924 with 27 valid items. The results obtained a simple linear regression equation $Y = 37.135 + 0.349X$ with a sig value (p) = 0.000 or (<0.05), meaning that there is a significant positive effect. Value (r) of 0.642 indicates the direction of the positive influence between social support on self-management. From the determinant coefficient value (r^2) = 0.412, it shows that social support contributes to self-management by 41.2%, and the remaining 58.8% is the contribution of other factors not examined. Type II diabetics more get high social support and have good self management. There is no relationship between self-management and final education, employment, income and number of members at home.

Keywords: *Social Support, Self Management, Type II Diabetes*