

ABSTRAK

Judul : Pengaruh Edukasi Perawatan Kesehatan Kaki Dengan Teknik Daring Terhadap Kemandirian Keluarga Lansia DM Tipe II di Puskesmas Kecamatan Kalideres

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Diabetes mellitus tipe 2 merupakan tipe diabetes yang sering ditemukan di dunia. Salah satu komplikasi jangka panjang yang ditimbulkan oleh DM yaitu ulkus diabetik. Apabila ulkus diabetik tidak segera mendapatkan penanganan dengan serius maka dapat meningkatkan penyebab terjadinya amputasi kaki pada klien DM. Guna mencegah hal tersebut, diperlukannya upaya melalui edukasi kesehatan dalam peningkatan kesadaran penderita DM untuk melakukan perawatan kaki melalui peran serta keluarga dengan teknik daring. Tujuan penelitian ini adalah mengidentifikasi edukasi perawatan kesehatan kaki dengan teknik daring terhadap kemandirian keluarga lansia DM Tipe II di Puskesmas Kecamatan Kalideres. Metode yang digunakan yaitu *Quasi Experiment* dengan desain penelitian *one group pre-posttest without control design*. Jumlah sampel dalam penelitian ini sebanyak 97 responden yang diambil melalui teknik *purposive sampling*. Hasil perhitungan Uji *Wilcoxon Signed Ranks Test* pada penelitian ini menunjukkan p-value sebesar $0,000 < 0,05$, sehingga keputusan hipotesis adalah H_0 ditolak dan H_a diterima yang artinya terdapat pengaruh edukasi perawatan kesehatan kaki dengan teknik daring terhadap kemandirian keluarga lansia DM tipe II di Puskesmas Kecamatan Kalideres. Disarankan bagi peneliti selanjutnya dapat mengembangkan penelitian tentang pemberian edukasi perawatan kaki secara daring yang dihubungkan dengan variabel dependen yang berbeda dari penelitian ini.

Kata kunci : edukasi perawatan kaki, teknik daring, kemandirian keluarga, DM Tipe II

ABSTRACT

Title : The Effect of Foot Health Care Education with Online Techniques on the Family Independence of the Elderly with Type II DM in the Kalideres District Health Center

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Diabetes mellitus type 2 is a type of diabetes that is often found in the world. One of the long-term complications caused by DM is diabetic ulcers. If diabetic ulcers do not get serious treatment immediately, it can increase the cause of leg amputation in DM clients. To prevent this, efforts are needed through health education in increasing awareness of DM sufferers to carry out foot care through family participation using online techniques. The purpose of this study was to identify foot health care education with online techniques on the independence of elderly families with Type II diabetes mellitus at the Kalideres District Health Center. The method used was Quasi Experiment with a one group pre-posttest research design without control design. The number of samples in this study were 97 respondents who were taken through purposive sampling technique. The results of the calculation of the Wilcoxon Signed Ranks Test in this study showed a p-value of $0,000 < 0,05$, so the hypothesis decision was H_0 was rejected and H_a was accepted, which means that there was an effect of foot health care education using online techniques on the independence of elderly families with type II diabetes mellitus at the Puskesmas Kalideres District. It is suggested for further researchers to develop research on providing foot care education online which is associated with different dependent variables of this study.

Keywords : foot care education, online techniques, family independence, Type II diabetes