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The Relationship Between Family Social Support and Self-Care Management in Type 2 Diabetes Mellitus Patients Visiting RSAD. DR. R Ismoyo Kendari

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Abstrak: *Diabetes mellitus is one of the global problems whose prevalence continues to increase year after year, both worldwide and in Indonesia. Diabetes mellitus, which has various complications, is important to maintain and improve the quality of life and health status of patients, one of which is by maintaining normal blood sugar levels. A factor in improving quality of life even further is self-care management. To improve self-care management, family social support is essential. The aim of this study was to investigate the relationship between family social support and self-care management in Type 2 diabetes patients. The study design used was a cross-sectional study, with a sample size of 35 respondents using accidental sampling technique. The study results showed that the Fisher's exact test yielded a p-value (0.000) < α (0.05), indicating that the null hypothesis (Ho) was rejected and the alternative hypothesis (Ha) was accepted. The conclusion is that there is a relationship between family support and self-care management in patients with Type 2 diabetes mellitus. It is recommended that families actively provide support to family members diagnosed with Type 2 diabetes mellitus.*

Introduction

According to data from the World Health Organization (WHO), in 2022 there were approximately 422 million people worldwide with type 2 diabetes. According to the International Diabetes Federation (IDF) in 2022, there were 463 million adults worldwide with type 2 diabetes, representing 9.3% of the global adult population. According to the national health survey, there were 877,531 people with type 2 diabetes. 2. Southeast Sulawesi Province is one of the regions in Indonesia with a high prevalence of type 2 diabetes (1).

In 2023, there were 8,664 people with type 2 diabetes in Southeast Sulawesi.(2). According to data from the Kendari City Health Office in 2020, there were 3,030 people suffering from type 2 diabetes in Kendari City (2).

Type 2 diabetes mellitus has a significant impact on human resource quality and increases healthcare costs considerably, making diabetes management programs essential. Specifically, type 2 diabetes can lead to various complications in organs, including damage to the heart, blood vessels, eyes, kidneys, and nerves (3). For patients with type 2 diabetes who already have various

complications, it is important to maintain and improve their quality of life and health status, one of which is by maintaining normal blood sugar levels (4). One factor in improving quality of life further is self-care management. In diabetes patients, good self-care management can prevent complications from the disease.

Self-care management in patients with type 2 diabetes still needs to be studied further because previous studies have reported less self-care in type 2 diabetes. The results of a study by show that many diabetes patients experience impaired self-care abilities. More than half of the respondents (69%) demonstrated less self-care abilities, and a third of the respondents (23.3%) had moderate self-care abilities (5) This aligns with some studies in Indonesia, such as the research which found that 50% of respondents exhibited less self-care behaviors. This indicates that the majority of type 2 diabetes patients still have less self-care abilities (6)

The majority of diabetes mellitus clients report less self-care abilities The percentage of self-care abilities remains low. This indicates that self-care behaviors are not yet being performed optimally by type 2 diabetes mellitus clients. Previous studies have identified gaps in previous research (5);(6);(3)

Various factors related to self-care management for patients with type 2 diabetes include social support, physical activity, blood glucose monitoring, diet, and foot care. Factors related to self-care management include family social support, education, and self-efficacy. Family support is a form of attitude, actions, and acceptance of family members toward their loved ones. Family members are an integral part of the family environment. A supportive family means being always ready to provide assistance and support when needed (7). Self-care management in diabetes patients requires support from close relatives such as family members who act as a support system, provide information, and collaborate with patients in health care, as well as assist patients in decision-making. The support provided can enhance self-confidence and self-efficacy in performing self-care (8).

Previous research has shown that family support and knowledge are factors related to self-care management. This study is in line with the research which states that the dimension of social support has a positive relationship with quality of life, including emotional support, moral support, and evaluative support. Good quality of life is reflected in the dimensions of energy/mobility, sexual function, social functioning, anxiety, diabetes control, and health issues. Patients with type II diabetes who have a better quality of life are proven to receive higher levels of social support compared to patients who receive lower levels of social support.(9)

Social support, such as the assistance received and felt by patients with type 2 diabetes, comes from family, close friends, the community, or healthcare professionals to improve self-management care. Research (10). Indicates that social support influences self-management, with the percentage of social support studied being 60.7%, suggesting that social support is still inadequate. Social support can help overcome barriers in providing optimal care for diabetes mellitus patients (11)

Based on interviews with three patients and health workers, two of the type 2 diabetes patients came to the hospital on their own without family members accompanying them. They also said that family members living in the same house did not pay much attention to the patient's condition because, according to the family, it was nothing unusual. Based on the results of the preliminary study above, the author concludes that many patients with type 2 diabetes do not receive adequate support from their families in managing their condition. However, families play a crucial role in caring for sick patients, as this support is essential for effectively controlling the disease.

Method

The type of research used was quantitative research with a cross-sectional design. The sampling technique used in this study was accidental sampling, which is a technique of determining samples based on chance, namely consumers who accidentally or incidentally meet the researcher and can be used as samples, if the person who happens to be encountered is considered suitable as a source of data.

Results and Discussion

Univariate Analysis

Table 1. Research Variabel

Research Variabel	n	%
Family Social Support		
Good	29	82,9
Less	6	17,1
Self Care Management		
Good	26	74,3
Less	9	25,7

The table shows that out of 35 respondents, many respondents received good family support (29 respondents, or 82.9%), while 6 respondents (17.1%) received less family support. Meanwhile, the majority of respondents had good self-care management (26 respondents, or 74.3%).

Bivariate Analysis

Table 2. The relationship between family social support and self-care management

Family Support	**Self Care Management**				Total		*ρ value*
	Good		**Less**				
	n	%	n	%	n	%	
Good	25	71,4	4	11,4	29	82,9	0,02
Less	1	2,9	5	14,3	6	17,1	
Total	**26**	**74,3**	**9**	**25,7**	**35**	**100**	

The table above shows that out of 35 respondents, 29 respondents received good family social support, 25 (71.4%) had good self-care management, and 1 (2.9%) respondent had less self-care management. Among the 6 (17.1%) respondents who received inadequate family social support, the majority had inadequate self-care management, namely 5 respondents (14.3%).

The Fisher's exact test yielded a p-value of 0.002 at a 95% confidence level (α=0.05). Since the p-value (0.003) < α (0.05), it can be concluded that the null hypothesis (Ho) is rejected and the alternative hypothesis (Ha) is accepted, meaning there is a relationship between family social support and self-care management among type 2 diabetes patients at Dr. R. Ismoyo General Hospital in Kendari City.

Discussion

The results of a study conducted at Dr. R. Ismoyo Hospital in Kendari City show that out of 29 respondents, the majority received good social support from their families. In essence, the family is one of the primary resources for family members suffering from chronic illnesses. The family serves functions such as emotional support and socialization, reproductive functions, economic functions, and functions related to healthcare and maintenance. The role of the family is undoubtedly crucial in providing care and attention to sick family members.

In addition, families can also provide support and make decisions regarding the care of sick family members. Family support refers to the attitudes, actions, and acceptance of the family toward the sick person. Family support is one of the factors that determine the level of patient compliance in undergoing the treatment process. Families provide several forms of support, namely informational support, evaluative support, instrumental support, and emotional supportn(12).

The results of the study indicate that the majority of respondents have good self-care management. Diabetes self-management refers to the actions individuals take to control diabetes, including treatment and prevention of complications. Some aspects of diabetes self-management include diet management, physical activity/exercise, blood sugar monitoring, medication adherence, and self-care/foot care (13). Optimal implementation of self-management in patients with diabetes mellitus can help improve the achievement of treatment goals for type 2 diabetes (14). Therefore, patients need to demonstrate discipline in applying diabetes self-management to enhance their quality of life.

Researchers assume that self-management is considered good if patients apply and discipline themselves for the sake of their health and recovery. If patients do not apply self-management, their condition will worsen, causing the disease to become more severe and leading to undesirable outcomes.

The results of the study indicate that the majority of respondents received good family support, with 29 respondents demonstrating good self-care management, and 25 respondents showing good self-care management. Based on the results of Fisher's exact test, the p-value was 0.000 with a 95% confidence level (α=0.05). Since the p-value (0.00) is less than α (0.05), it can be concluded that the null hypothesis (Ho) is rejected and the alternative hypothesis (Ha) is accepted, indicating a significant association between

family support and self-care management in patients with Type 2 diabetes mellitus.

This study is also in line with research that reveals that family social support can increase patients' motivation to practice better self-care management. This support includes emotional support that can help patients stay motivated in dealing with their chronic conditions 16. Social support not only acts as a source of practical assistance (instrumental support) but also as an important motivational factor for patients (15)

Less self-management can be influenced by a person's misperception of family support for the implementation of diabetes self-care, so that patients who have good family support are still unable to implement self-care properly(16). Misperceptions about the benefits of diet, physical exercise, and foot care. In addition, external factors experienced by patients and families, such as having little experience in performing diabetes self-care (17)

In this study, there was one respondent with less family support but good self-care management. Patients with diabetes mellitus (DM) are required to be able to perform good self-care management. Good self-care management in DM patients depends on how motivated the patient is in controlling their DM and changing their lifestyle. In addition **to** motivation, knowledge is also crucial for supporting the success of self-care management, and fundamentally, someone with high motivation will strive to achieve what they desire (18).

Conclusion

Based on the results of the study, it can be concluded that there is a relationship between family social support and self-care management in patients with type 2 diabetes mellitus based on a p-value of 0.002 (<0.05). It is recommended that future researchers expand on these findings by exploring other factors that influence the level of self-care management in patients with Type 2 diabetes. It is also hoped that community health centers, particularly nurses, will further improve their services and education related to self-care management for patients with chronic diseases such as Type 2 diabetes.

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