



RESEARCH ARTICLE

URL of this article: <http://heanoti.com/index.php/hn/article/view/hn1307>**Psychosocial Needs of Type-2 Diabetes Mellitus Patients in Semarang City**

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ABSTRACT

Introduction: Diabetes mellitus is a chronic disease that is difficult to cure. This causes people with diabetes mellitus have psychological pressure. The psychological needs of people with diabetes mellitus have been supported the recovery progress and the therapy program. This research aimed to know about psychosocial needs of patients with type 2 diabetes mellitus. **Method:** The research is descriptive quantitative with a cross-sectional approach to explore the psychosocial needs of type 2 diabetes mellitus patients. The number of samples is 96 patients with type 2 diabetes mellitus at Regional Hospital KRMT Wongsonegoro Semarang. **Results:** The research showed that the psychosocial needs of patients with type 2 diabetes mellitus had an average value of 33,50 with 87.5% of patients have had psychosocial needs met, and 12.5% have not adequately met. **Discussion:** The patients with type 2 diabetes mellitus have been at risk for psychosocial problems. The patients who are unable to meet their psychosocial needs should be taken seriously from family and service providers. **Conclusion:** The nurses as service providers in hospitals should be able to identify emerging problems and work to help overcome the problem of psychosocial needs experienced by patients.

Keywords: Diabetes Mellitus, Psychosocial needs

INTRODUCTION

The prevalence rate of Diabetes Mellitus (DM) Type 2 disease worldwide continues to increase every year. Diabetes mellitus type 2 is one of the non-communicable diseases with the highest prevalence in Semarang City. The number of people with type 2 diabetes mellitus at Puskesmas (public health centers) in the entire Semarang is 18,390 people. While the number of people with type 2 diabetes mellitus in inpatient hospital in the entire Semarang is 3,078 people (Dinkes, 2016). Risk factors affecting the incidence of type 2 diabetes mellitus are family history, age ≥ 45 years, and inactivity (Wicaksono, 2011). Four basic activities in the management of patients with type 2 diabetes are dietary modification, physical activity, treatment therapy and regular blood glucose examination. This type 2 DM management takes a very long time that makes most patients become disobedient (Rahmawati, Setiawati, & Solehati, 2014).

The hospital is a venue for medical services, medical support, administration and management, and can be used as a place of education or training and development (Indonesia, 2009). The quality of nursing services within the hospital as an organization needs to be improved. Quality health services are health services that can satisfy every health care user in accordance with the level of satisfaction of the average population and its implementation in accordance with standard and professional code of ethics (Saragih, 2011). Patient's satisfaction and good or bad assessment of the quality of nursing care depends on how a nurse applies caring tips when providing nursing services (Tiara & Lestari, 2017).

In achieving optimal health services in hospitals, especially services to the people with diabetes mellitus type 2 it is necessary to provide nursing services that satisfy and fit the needs of patients. One of the needs of patients in the hospital is a psychological need. By utilizing the right system support, it can reduce the patient's stress level and impact on the recovery of the patient's condition (Wiyono & Hakim, 2017).

Proper and thorough intervention in the management of patients is good for the patient. Patient participation is very important in the management of diabetes. In addition to lifestyle changes, patients are also expected to have good self-efficacy in order to meet their psychological needs. The psychological needs and other supporting factors that are met will enhance the recovery and the implementation of the given therapy.

This study aims to determine the psychosocial needs of patients with type 2 diabetes mellitus in the city of Semarang.

METHODS

This study was a descriptive quantitative research with a cross-sectional approach to explore the psychosocial needs of patients with type 2 diabetes mellitus. The population in this study was the type 2 diabetes mellitus patient in Semarang city. The sample in this study were 96 patients with type 2 diabetes mellitus in RSUD KRMT Wongsonegoro Semarang. The instrument in this study was a questionnaire to measure the psychosocial needs of patients with type 2 diabetes mellitus.

RESULTS

The number of participants who completed this research were 96 patients with the medical diagnosis of diabetes mellitus type 2 in RSUD KRMT Wongsonegoro Semarang City.

Table 1. Frequency Distribution of Patients with type 2 DM based on participant characteristics

Characteristics	Frequency	Percentage (%)
Sex		
– Male	51	53,1
– Female	45	46,9
Marital Status		
– Single	2	2,1
– Married	94	97,9
Education		
– SD (Elementary School)	18	18,8
– SLTP (Junior High School)	28	29,2
– SLTA (Senior High School)	35	36,5
– Diploma (Diploma)	11	11,5
– Sarjana (Bachelor)	4	4,2

The average age of the participants was 57 years old ($SD \pm 11.39$) with an average duration of type 2 diabetes mellitus of 4 years. The proportion of male participants (53.1%) was higher than that of women (46.9%). Participants were dominated by patients with married status (97.9%). The proportion of participants by education level is SD (18.8%), Junior High School (29.2%), Senior High School (36.5%), Diploma (11.5) and Bachelor (4.2).

Psychosocial needs of patients were known to average 33.50, median 30, lowest score of 15 and highest score 45. Based on the result of interval estimation it can be concluded that 95% is believed that the average psychosocial need of patients is between 31.87 to 35.13 with a standard deviation of 8,032.

DISCUSSION

The results showed that the psychosocial needs of patients with type 2 diabetes mellitus in KRMT Wongsonegoro Hospital in Semarang is in a good category or fulfilled. Based on the results of the psychosocial needs category description of patients using median value as the central tendency is known that 87.5% of patients had well-fulfilled psychosocial needs, and the remaining 12.5% were poorly fulfilled. Though small in number, patients who were poorly met their psychosocial needs should receive serious attention from families and service providers.

Diabetes mellitus patients tend to experience psychosocial problems. As found in other studies, people with diabetes mellitus have difficulty with physical problems and social activities and participation in society (Tsutsui et al., 2016). The results of other studies conducted in East Java showed that people with diabetes mellitus tend to experience psychosocial problems that are anxiety (Jauhari, 2017). Other results also show that patients with diabetes mellitus are at risk for psychological problems and may eventually lead to non-adherence to treatment and deterioration of diabetes control (Kakleas, Kandyala, Karayianni, & Karavanaki, 2009).

A negative attitude to blood sugar control is influenced by the presence of psychosocial factors such as depression and emotional distress and this negative attitude will reduce the activity of self-care. Nurses as service providers in hospitals should be able to identify emerging problems and work to help overcome the problems of psychosocial needs experienced by patients. One effort that can be done by the nurse, among

others, is to provide psychoeducation to the patient. Psychoeducation can reduce stress, anxiety, and depression of patients (Suryani, Widiyanti, Hernawati, & Sriati, 2016).

The role of the nurse as an educator where learning is a health education that is associated with all stages of health and prevention. Nurses should be able to provide health education in disease prevention, recovery, health education programming as well as providing appropriate information about health. In order for the nurses to act according to their roles as educators for the patients and families, the nurses must have an understanding of the principles of teaching and learning. The goals of education include the maintenance and promotion of health and prevention of disease, health restoration and adaptation to impaired function. The principles of education that nurses must pay attention to in providing educational intervention are patient learning style, attention, motivation, psychosocial adaptation to disease, active participation, learning ability and learning environment.

The implementation of such nurse's role is still experiencing some obstacles. One of the obstacles in educating the patient's psychosocial needs is the limited knowledge of the nurses on psychosocial aspects. This is reinforced by the results of another study which states that the nurse's knowledge about the aspects of psychosocial is still not good (Yuanita, Mubin, & Hidayati, 2016). Therefore it is necessary to increase the competence of nurses related to the psychosocial aspects of the patient so that nurses are able to provide knowledge and form an adaptive coping for diabetic patients. Another study explains that health education on coping strategies needs to be taught to patients to improve effective coping (Widayati, 2015).

CONCLUSION

Psychosocial needs of patients with type 2 diabetes mellitus in KRMT Wongsonegoro Hospital in Semarang is in a good category or fulfilled.

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