

Original Article

Self Control And Self Management Skills (SCSMk) in Patient with Diabetes Melitus

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ABSTRACT

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Background: A person with Diabetes Mellitus is faced with various challenges in managing their health condition in order to prevent complications that can arise as a result of their disease. The patient's internal abilities are needed to prevent psychological deterioration which ends in various complications. one of which is Self Control and Self Management Skills (SCSMk) which consists of three aspects, namely self-monitoring, self-evaluation and self-strengthening. This research aims to determine the Self Control and Self Management Skills of Diabetes Mellitus sufferers.

Methods: The design of this research is quantitative descriptive. The research sample of 60 people suffering from diabetes mellitus was obtained using a purposive sampling technique taken from a population of 200 diabetes mellitus patients in the area. The instrument in this research is a questionnaire. Data were analyzed using descriptive percentage analysis.

Results: Most respondents (73%) have Self Control and Self Management Skills (SCSMk) in the sufficient category


Conclusion: Self monitoring is the dominant aspect possessed by respondents. When individuals have good self-monitoring, they can monitor the status and context of their own behavior such as their actions, thoughts and emotions. Respondents try to carry out positive behavior in the form of following instructions in managing diabetes mellitus treatment.

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
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Introduction

Diabetes mellitus may be a constant metabolic illness caused by a person's inability to produce insulin / unable to use enough insulin which results in increased blood sugar levels (Fahardianto & Rosyid, 2023). One of the causes of degenerative diseases such as DM is people's unbalanced lifestyle (Anggraeni, Rondhianto, & Juliningrum, 2018). Unbalanced eating habits will cause obesity, this condition will

trigger the emergence of type II DM. The lifestyle in question is the low frequency of exercise among the majority of Indonesian people coupled with the habit of consuming fast food or foods high in fat but low in fiber and high calorie foods. (Veronica, 2021). Patients with Diabetes mellitus need to change and manage their lifestyle so that it becomes a healthy lifestyle (Pranata & Wulandari, 2021). Diabetes patients must be able to change their behavior in order to



avoid diabetes complications. Changing behavior in diabetes patients is not easy, continuous motivation is needed (Fahardianto & Rosyid, 2023). Prevention of Diabetes mellitus can be implemented by controlling the risk factors that cause Diabetes mellitus (Purnama & Sari, 2019).

The Indonesian population affected by diabetes reaches 10 million people. This makes Indonesia rank 7th highest in the world. In 2040 it is estimated that this will increase to 16.2 million people. In Indonesia, the predominance rate of diabetes mellitus analyzed by health workers is 1.5%. The predominance of diabetes mellitus analyzed by health workers plus sufferers who show symptoms is 2.1%. The most elevated predominance of diabetes mellitus analyze by wellbeing laborers in D.I. Yogyakarta with 2.6%, followed by DKI Jakarta (2.5%), North Sulawesi (2.4%), and East Kalimantan (2.3%). The prevalence of diagnosed diabetes mellitus plus sufferers who show symptoms is highest in Central Sulawesi with 3.7% (Kabosu, Adu, & Hinga, 2019). Results of a preliminary study on diabetes mellitus sufferers in October 2022 at the Emergency Room of the Ponggok District Health Center, East Java. With 8 diabetes mellitus sufferers that had been conducted, and from the comes about the interviews it was found that all of them were stresses around the infection they were as of now enduring from, there were 2 people who attempting to live a healthy lifestyle so they might control their wellbeing condition. And than while the other 6 people were incapable to control their healthy behavior.

Diabetes mellitus occurs due to a decrease in the amount of insulin from the pancreas which causes the pancreas to fail in glucose metabolism. This circumstance is characterized by an increment in blood

sugar which is known as hyperglycemia. Diabetes consists of 2 types. type 1 is diabetes which is caused by an imun system response against pancreatic islet cells and type 2 diabetes which occurs due to an unhealthy lifestyle (obesity due to overeating, stress, lack of exercise) and genetics which occurs due to impaired insulin secretion and insulin resistance (Lestari, Zulkarnain, & Sijid, 2021). Diabetes complications can arise if the person with diabetic does not control them properly. Compilations that can arise include stroke, heart disease, foot neuropathy which can increase the occurrence of ulcers, kidney failure, if not handled properly can also cause death. (Fahardianto & Rosyid, 2023).

Diabetes mellitus sufferers need to undergo a series of treatments including insulin therapy, taking diabetes medication, and improving a healthy lifestyle by working out devouring nutritious or healthy food, and (Lestari et al., 2021). It requires the patient's ability to control themselves and regulate themselves in improving the life style of patients with Diabetes mellitus, which in this case is Self control and self management skills (SCSMK). Self-control is a person's ability to lead himself towards positive consequences (Rachmania, Siswoaribowo, & Novitasari, 2022). Self-management is an individual's involvement in managing their illness in a dynamic, interactive, and daily process. The individual's capacity to oversee way of life, medication, symptoms, psychosocial, sosial, and spiritual together with the community, family, and health professionals is fundamental to self-management (Pranata & Wulandari, 2021). Self-control and self-management skills (SCMSk) represent a model of cognitive-behavioral coping skills that has been successfully applied to assessment and treatment. Self control and self management skills (SCSMK) measures three

fundamental components, to be a specific self monitoring, self evaluation and self reinforcing (Saleh Al-Smadi & Mohammed Bani-Abduh, 2017). Self-control and self-management skills (SCSMk) in this case have a pivotal part with in the diabetes management application process. The poin of this research is to decide the Self control and self management skills (SCSMk) of Diabetes mellitus patients.

Methods

The design of this research is quantitative descriptive to identify self control and self management skills (SCSMk) in diabetes mellitus patients. This study's population was 200 and the sample size was 60 respondents using a purposive sampling approach. The inclusion criteria for this

research sample were 1) Patients suffering from diabetes mellitus; 2) Patients aged 45-80 years, male or female; 3) Patients are able to communicate well; 4) The patient is willing to become a respondent. The exclusion criteria for this study are 1) Patients who have hearing loss; 2) Patients who experience mental disorders; 3) Patients who have complications from other diseases such as stroke, tuberculosis, and others. The instrument in this research is the Self Control and Self Management Scale (SCMS) questionnaire which contains 16 statement items consisting of 3 components, namely self monitoring, self evaluating), self reinforcing. Next, the data were analyzed using descriptive analysis of percentages with the criteria good (>75%), sufficient (56-75%), poor (<56%).

Results

Table 1. Frequency distribution of respondents

NO	Respondent Characteristics	F	%
1.	Gender		
	Male	41	70
	Female	19	30
2.	Age		
	45-55	4	5
	56-65	41	70
	66-75	15	25
3.	Education		
	No school	-	
	SD	6	10
	SMP	15	25
	SMA	22	37
	College	17	28
4.	Work		
	Farmer	20	33
	Self-employed	28	46
	Civil servants	1	1
	Health workers	-	-
	Doesn't work	11	19
5.	Diabetes Mellitus Information		
	Have information	40	70
	Doesn't have information	20	30
Total		60	100



The results of the age characteristics assessment show that the majority of respondents (70%) are male. In terms of age characteristics, it was found that the majority of respondents (70%) were aged 56 to 65 years. In terms of educational level characteristics, results were found that showed that almost half of the respondents (37%) were educated at the high school level. Job characteristics can be stated that almost half of the respondents (46%) are entrepreneurs. Regarding knowledge of information about Diabetes Mellitus, it was found that the majority of 40 respondents (70%) already knew information about diabetes mellitus.

Specific data for identifying Self control and self management skills (SCSMk) of Diabetes mellitus patients is shown in table 2.

Table 2. Distribusi Frekuensi Self Control And Self Manajemen Skills (SCSMk) pasien Diabetes Mellitus

Self Control And Self Manajemen Skills (SCSMK)	F	%
Good category	7	12
Sufficient category	44	73
Less category	9	15
Total	60	100

Based on table 2, the Self Control and Self Management Skills (SCSMK) results showed that the majority of respondents (73%) were categorized as sufficient and a small number of respondents (15%) were categorized as poor and a small number of respondents (12%) obtained good results.

Discussion

Self-control is a person's ability to lead himself towards positive consequences. Individuals who have good self-control will easily understand the consequences of their actions so that individuals will not engage in deviant behavior. With good self-control, individuals can consistently carry out self-care and live a good healthy lifestyle to avoid the risk of complications due to the disease they suffer from (Rachmania et al., 2022). Self-management is an individual's involvement in managing their illness in a dynamic, interactive, and daily process. The individual's ability to manage lifestyle, medication, symptoms, psychosocial, cultural, and spiritual together with the community, family, and health professionals is fundamental to self-management (Pranata & Wulandari, 2021). A person's good self-management skills will be able to lead the individual to

monitor his or her condition so as to produce the cognitive, behavioral and emotional changes needed to maintain a satisfactory quality of life. One of the basic interventions for Type 2 Diabetes Mellitus patients is self-management. When self-management in Diabetes Mellitus patients is good, blood sugar levels will be stable and vice versa. Complications that may arise due to diabetes mellitus can be prevented by carrying out good and regular control through appropriate and permanent lifestyle changes (Juariah, 2022). Mezo (2009) in Al Smadi (2017) say that Self-control and self-management skills (SCMSk) represent a cognitive-behavioral coping skills model that has been effectively connected to evaluation and treatment (Saleh Al-Smadi & Mohammed Bani-Abduh, 2017).

In our opinion, Self control and self management skills (SCSMk) are an individual's ability to direct and regulate

themselves in all forms of positive action so as to produce positive cognitive, behavioral and emotional changes in order to maintain a good quality of life. Self-control and self-management skills (SCMSk) in individuals can unconsciously develop and be useful during the individual's life process in dealing with various conditions in their lives, both now and in the future. Basically, self-control and self-management skills (SCMSk) have many benefits or uses in an individual's life. It can be said that this is quite a crucial thing that individuals need to have. This is because if an individual does not have good self-control, he or she will tend to have difficulty controlling various situations.

Self control and self management skills (SCSMk) in this study were measured using the Self Control and Self Management Scale (SCMS) questionnaire and there are three parameters, namely self monitoring (SM), self evaluating (SE), self reinforcement (SR). Based on the results of filling out the questionnaire, in the first parameter, namely self-monitoring, it is known that some respondents give full attention to the treatment that must be carried out for recovery, focus on the treatment that must be carried out even though they don't like it, some respondents are aware of the importance of implementing disease management because they want to recover, they also make sure to measure the progress of the development of the results, control their thoughts and self in treatment for recovery,

In the second parameter, namely self-evaluation (SE), the results showed that the majority of respondents set important goals for their own recovery, but most respondents were also unable to explain the action plan that needed to be taken to treat their illness, and were unable to make a treatment plan that they had to carry out.

In the third parameter of Self Reinforcing (SR), the results showed that some respondents were able to go through difficult things for the success of treatment and planned

to reward themselves, feeling happy when they did the right thing in the treatment process, but most respondents did not praise themselves enough. themselves when they successfully carry out treatment.

The most dominant aspect of the three parameters owned by the majority of respondents is the self-monitoring aspect. Self-monitoring is a person's tendency to manage individual behavior based on external cues, following how other people react or based on internal cues such as a person's beliefs and attitudes. Individuals with high self-monitoring will try to adapt themselves, behavior and roles to existing conditions to obtain positive evaluations from the surrounding environment.. (Santoso & Prasetyo, 2021). When individuals have good self-monitoring, they can monitor the status and context of their own behavior such as their actions, thoughts and emotions. In this case, patients with diabetes mellitus try to carry out positive behavior in the form of following instructions in managing diabetes mellitus treatment, even though there are things they don't like in the management process, and realizing that they will be able to control their health condition by following a series of treatment programs that has been established.

Factors that influence the self-control and self-management skills of internal respondents are gender, age and knowledge of the respondent. Based on the research results, it was found that the majority of respondents were male. There are contrasting differences between thinking patterns and self-control between men and women. The majority of men tend to prioritize logic in acting and making decisions, therefore this external ability can improve self-management and self-control abilities. Most respondents were aged 56-65 years, so this age influences health behavior in making decisions that support treatment. When someone enters old age,

they finally have the desire to maintain their health in order to avoid the negative effects of the disease they are suffering from. Most respondents already know information about diabetes mellitus so that based on the information these individuals have, respondents can ultimately control themselves and have better self-management.

Based on the results of the researcher's interviews with respondents, there are outside variables related to the respondents' self-control and self-management skills, namely religious orientation. In terms of religious orientation, it is known that the majority of respondents diligently perform the five daily prayers and a series of other acts of worship, where the aim of doing this is that they believe that God will give them strength to face every trial they experience.

Conclusion

Most respondents have Self control and self management skills (SCSMk), In the sufficient category. Of the three aspects in measuring self-control and self-management skills (SCSMk), namely self-monitoring (SM), self-evaluation (SE), and self-reinforcement (SR), it is known that self-monitoring is the dominant aspect possessed by respondents. When individuals have good self-monitoring, they can monitor the status and context of their own behavior such as their actions, thoughts and emotions. Respondents try to carry out positive behavior in the form of following instructions in managing diabetes mellitus treatment, even though there are things they don't like in the management process, and realizing that they will be able to control their health condition by following a series of treatment programs that have been determined.

Authors Contributions

The preparation of articles is carried out by all authors starting from preparing

research proposals, preliminary studies, collecting research data, data recapitulation, discussing research results to preparing research journal articles.

Conflicts of Interest

There is no struggle of intrigued

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