

Dukungan Sosial Keluarga dan Kualitas Hidup Penderita Diabetes Mellitus di RSUP H. Adam Malik Medan Tahun 2024

Family Social Support and Quality of Life for Diabetes Mellitus Patients at RSUP H. Adam Malik Medan 2024

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ABSTRAK

Pendahuluan Dukungan sosial adalah bentuk dukungan yang diberikan pada anggota keluarga yang mengalami gangguan kesehatan termasuk diabetes mellitus, yang meliputi dukungan emosional dan penghargaan, seperti memberikan perhatian, kasih sayang, dan kenyamanan. kualitas hidup mengacu pada bagaimana seseorang melihat hidup mereka tentang tujuan, harapan, dan perhatian mereka pada kehidupan mereka yang terkena dampak oleh nilai budaya lingkungannya. Diabetes mellitus (DM) adalah salah satu dari jenis penyakit yang berlangsung lama karena adanya kelainan pada hormone insulin, fungsi insulin, sehingga tubuh mengalami gangguan pada metabolisme karbohidrat, protein, dan lemak yang berdampak untuk mengalami peningkatan kadar glukosa darah. Tujuan dari penelitian ini untuk mengetahui bagaimanakah dukungan sosial keluarga dan kualitas hidup pasien diabetes mellitus di RSUP H. Adam Malik Medan Tahun 2024. **Metode Penelitian** ini menggunakan rancangan penelitian deskriptif. Metode pengambilan sampel yaitu Purposive sampling dengan jumlah responden sebanyak 90 pasien dari jumlah populasi 1388 pasien. **Hasil penelitian** ini didapat bahwa dukungan sosial keluarga pada pasien diabetes mellitus di RSUP H. Adam Malik Medan Tahun 2024 berada pada mayoritas baik sebanyak 43 pasien (47.8%), sedangkan untuk kualitas hidup pada pasien diabetes mellitus di RSUP H. Adam Malik Medan Tahun 2024 lebih banyak memiliki kualitas hidup yang sedang sebanyak 62 pasien (68.9%). **Kesimpulan** Meskipun menunjukkan hasil yang mayoritas sedang, disarankan bagi rumah sakit diharapkan dalam memberikan pelayanan kesehatan terhadap pasien diabetes mellitus tidak hanya memberikan pelayanan kesehatan saja namun dapat melibatkan keluarga dalam memdampingi pasien.

ABSTRACT

Introduction Social support is a form of support given to family members who experience health problems including diabetes mellitus, which includes emotional support and appreciation, such as providing attention, affection and comfort. Quality of life refers to how a person views their life regarding their goals, hopes, and attention to the lives of those affected by the cultural values of their environment. Diabetes mellitus (DM) is a type of disease that lasts a long time due to abnormalities in the insulin hormone and insulin function; so that the body experiences disturbances in the metabolism of carbohydrates, proteins and fats which results in an increase in blood glucose levels. The aim of this research is to find out what family social support is and the quality of life of diabetes mellitus patients at H. Adam Malik Hospital Medan 2024. **Method** This research uses a descriptive research design. The sampling method is purposive sampling with a total of 90 respondents from a population of 1388 patients. **The results** of this research showed that family social support for diabetes mellitus patients at H. Adam Malik General Hospital Medan 2024 is in the good majority with 43 patients (47.8%), while the quality of life for diabetes mellitus patients at H. Adam Malik Hospital Medan 2024 62 patients (68.9%) have moderate quality of life. **Conclusion** Even though the majority of results are moderate, it is recommended that hospitals in providing health services to diabetes mellitus patients not only provide health services but can involve families in accompanying patients.

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INTRODUCTION

Diabetes mellitus (DM) is one of the types of diseases that lasts for a long time due to abnormalities in the hormone insulin, insulin function, so that the body experiences

disturbances in the metabolism of carbohydrates, proteins, and fats which have an impact on increasing blood glucose levels (Siregar et al., 2022). Blood sugar levels increase above normal limits because low insulin levels in the blood are a sign of a metabolic system disease known as diabetes mellitus (Oktafiani et al., 2020). Diabetes mellitus is divided into two main categories, namely type 1 diabetes and type 2 diabetes (Julaiha Juli, Nurul Farhaini, Rollin fadilah Hasibuan, 2022).

According to the International Diabetes Federation (IDF), 1 in 10 people or 37 million adults aged 20 to 79 years live with diabetes worldwide. Indonesia is in fifth position with 19.47 million people with DM with a population of 179.72, with a prevalence of 10.6 (Saparia, 2024). WHO estimates that by 2025, Indonesia will have 12.4 million people ranking fifth in the world with the most diabetics (Asdar et al., 2022). With age, the prevalence of diabetes mellitus increases. Women of gender (1.7%), highly educated (2.5%), living in cities (2.0%), and having high economic status (2.6%) have the highest prevalence of diabetes mellitus (Kencana et al., 2022). Complications of diabetes mellitus can be acute or chronic. Acute complications occur when blood glucose levels increase or decrease in a relatively short period of time. If the patient follows a diet that is too restrictive, blood glucose levels can drop drastically. Vascular abnormalities can lead to heart, kidney, nerve, and other serious diseases (Aminuddin et al., 2023). Lack of knowledge and understanding of diabetes mellitus as well as lack of attention to eating or healthy living. (Ernawati & Elfiyunai, 2023).

One of the components that influences a person's behavior is knowledge. After the diagnosis is established, people with DM must get information. This information should include basic knowledge about diabetes mellitus, self-monitoring, causes of high blood glucose, hypoglycemic medications, and complications. With enough knowledge, people with DM will change their behavior and be able to control the condition of their disease, and their lives will be better. (Maryam, 2020). Social support is a form of support provided to family members who have health problems including diabetes mellitus, which includes emotional support and appreciation, such as providing attention, love, and comfort. High social support will help people with diabetes mellitus understand the condition of their disease and learn how to maintain their health, such as maintaining a healthy lifestyle, exercising, keeping their blood sugar levels within normal limits, and keeping their blood sugar levels within normal limits. (Ernawati & Elfiyunai, 2023)

Family support problems that can be faced by people with diabetes mellitus include the inability of the family to carry out their role well, family ignorance, and the inability of the family to respond emotionally and psychologically to the patient. If the family supports and participates in diabetes-related health counseling, people with diabetes may have a positive attitude. Patients who do not have family support are more likely to refuse treatment (Olyvia Serena et al., 2023). Poor family social support has a greater risk of non-compliance with blood sugar control compared to good family social support (Antoro et al., 2023). Patients need support from the surrounding environment to live a healthy lifestyle, especially their families. The health of the sufferer is greatly influenced by his family. Families should support DM patients as they undergo treatment, so that they can avoid complications and improve their quality of life throughout their lives. (Hindriyastuti et al., 2023).

The researcher collected preliminary data produced through Medical Records at Haji Adam Malik Hospital Medan with the incidence of diabetes mellitus increasing from 2022 to 2023. Data was obtained in 2022 for inpatients as many as 1373 patients, outpatients as many

as 1034, and in 2023 inpatients as many as 1508 patients and outpatients as many as 1388 patients (Medical Records of Haji Adam Malik Hospital Medan). Therefore, there is a need for family social support to improve the quality of life of outpatient DM patients in hospitals. H. Adam Malik Medan. A person who has a poor quality of life will further worsen the quality of one's life and vice versa. And with the support of the family, it is very meaningful in an effort to improve the quality of life of DM patients. The existence of family support will greatly help DM patients to increase their confidence to improve their quality of life.

METHODS

This researcher uses a descriptive or descriptive analytical design that aims to gain an understanding of the picture and analyze it, family social support, and quality of life of patients with Diabetes Mellitus treated in hospitals. Haji Adam Malik Medan. The population of this study is all diabetic mellitus patients who received outpatient treatment at the H. Adam Malik Central General Hospital Medan as many as 1,388 people from January 2022 to January 2023 (Medical Record of H. Adam Malik Hospital). The sample to be studied is 90 respondents who suffer from diabetes mellitus at the hospital. H. Adam Malik Medan in 2024. This research will be conducted at the Haji Adam Malik Central General Hospital Medan, Jl. Bunga Lau No. 17. This research was conducted in April-May 2024. The variables in this study are family social support and quality of life of diabetic mellitus patients in hospitals. H. Adam Malik Medan.

Primary data collected directly by the researcher from the study subjects through the distribution of questionnaires to DM patients. Secondary data was collected by researchers from H. Adam Malik Hospital Medan from medical records. This data includes the number of diabetic mellitus patients admitted to outpatient polyclinics. In this study, the research subjects were given questionnaires. To start collecting data, respondents were given knowledge. The test of the moment pearson product was carried out for a legitimate and reliable family social support instrument for its validity test. with a significance level of $\alpha = 5\%$ (0.05). The value of r table is greater than r calculate. Because of the questionnaire used in previous research by [Haskas dan Nubaya \(2019\)](#). The authors did not conduct validity and reliability tests in this study. The researcher did not conduct a validity and reliability test from the quality of life questionnaire (WHOQOL-BREF), which had 26 items. This is because the questionnaire adopted from ([Nursalam 2020](#)) is a standard questionnaire and has been used as a reliable tool to measure quality of life with a reliable measuring tool ($r = 0.89$). The Family Social Support Questionnaire has a coefficient value of Cronbach's Alpha = 0.945 ([Haskas dan Nurbaya, 2019](#)). The World Health Organization Quality Of Life (WHOQOL-BREF) Questionnaire According to ([Nursalam, 2020](#)) is a standardized questionnaire and can be used as a means to measure quality of life reliably ($R = 0.8756$).

The information analysis used was the Descriptive Stistematic Test with a manual on a computer program to describe demographic data and also describe the variables of the results of the questionnaire on social support, family, and quality of life of DM patients. Univariate analysis included name, age, gender, occupation, history of DM disease, social support, quality of life of DM patients in the hospital. H. Adam Malik Medan 2024. This research already has a research permit with letter Number DP.04.03/D.XXVIII/4769/2024 Ministry of Health Adam Malik Hospital April 17, 2024.

RESULT

This study used 90 respondents with detailed respondent characteristics.

1. Demographic Data of Diabetes Mellitus Patients at Haji Adam Malik Hospital Medan in 2024.

Table 1 Distribution of Respondent Frequency Based on Demographic Data of Diabetes Mellitus Patients at Haji Adam Malik Hospital Medan in 2024

Characteristic	Frequency	Percentage (%)
Age		
17-25 (Early Teens)	3	3.3%
26-35 (Early Adult)	3	3.3%
36-45 (Late Adult)	7	7.8%
46-55 (Early Senior)	27	30.0%
56-65 (Late Senior)	41	45.6%
65 > (Manula)	9	10.0%
Total	90	100.0
Gender		
Man	43	47.8%
Woman	47	52.2%
Total	90	100.0
Education		
JUNIOR	27	30.0%
SMA	48	53.3%
College	15	16.7%
Total	90	100.0
Medical Diagnosis		
DM Type 1	7	7.8%
DM Type 2	83	92.2%
Total	90	100.0

Based on the results of the study in table 1 of the frequency distribution of demographic data of diabetic mellitus patients at H. Adam Malik Hospital Medan in 2024 with a total of 90 respondents, it shows that based on age characteristics, the majority of ages 56-65 years old (late elderly) as many as 41 respondents (45.6%), age 46-55 (early elderly) as many as 27 respondents (30.0%), age 65-85 as many as 9 (10.0) respondents (seniors), Age 36-45 (late adult) as many as 7 respondents (7.8%), and age 17-25 as many as 3 respondents (3.3%), late adolescence and early adulthood 26-35 as many as 3 respondents (3.3%).

2. Social Support for Diabetes Mellitus Patients' Families at Haji Adam Malik Hospital Medan in 2024.

Table 2. Distribution of Frequency of Social Support for Families of Diabetes Mellitus Patients at Haji Adam Malik Hospital Medan in 2024.

Family Social Support	Frequency	Percentage (%)
Less	13	14.4
Enough	34	37.8
Good	43	47.8

Total	90	100.0
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Based on table 2 of the frequency distribution of family social support in diabetic mellitus patients at H. Adam Malik Hospital Medan in 2024, it shows that out of 90 respondents of diabetes mellitus patients, 43 respondents (47.8%) received a good family social support category, as many as 34 respondents (37.8%) received family social support with an adequate category and 13 respondents (14.4%) received family social support with a poor category.

3. Quality of Life of Diabetes Mellitus Patients at Haji Adam Malik Hospital Medan in 2024.

Table 3. Overview of the Quality of Life of Diabetes Mellitus Patients at Haji Adam Malik Hospital Medan in 2024

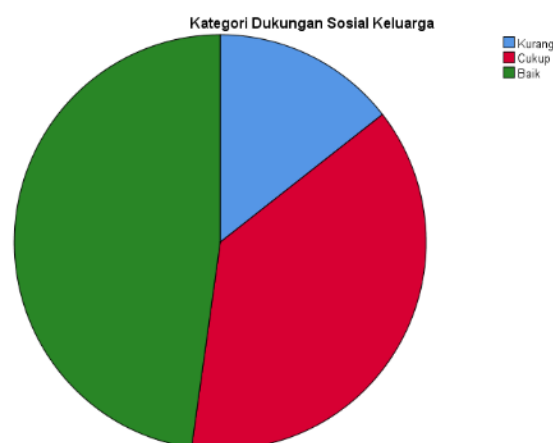
Quality of Life	Frequency	Percentage(%)
Medium	62	68.9%
Good	20	22.2%
Excellent	8	8.9%
Total	90	100.0

Based on table 3 of the frequency distribution of quality of life of patients with diabetes mellitus at H. Adam Malik Hospital Medan in 2024, it shows that the majority of respondents have a moderate quality of life as many as 62 respondents (68.9%), respondents with a good quality of life as many as 20 respondents (22.2%) and 8 respondents with a very good quality of life (8.9%).

DISCUSSION

1. Social Support for Families of Diabetes Mellitus Patients at H. Adam Malik Hospital Medan in 2024.

Diagram 1. Frequency Distribution of Social Support for Families of Diabetes Mellitus Patients at H. Adam Malik Hospital Medan in 2024



Research that has been conducted by researchers on 90 respondents on family social support in diabetes mellitus patients at the H. Adam Malik Central General Hospital Medan in 2024 found that respondents had family social support with a good category of 43

respondents (47.8%), with a sufficient category of 34 respondents (37.8%), and with a poor category of 13 respondents (14.4%). This means that the majority of respondents have family social support with a good category.

The results of the study showed that the social support of the families of diabetes mellitus patients was in the good category. There is also family social support that is in the category of sufficient and insufficient. Family support is the acceptance of the family towards its members which is manifested in attitudes and actions. Family social support has an impact on the physical and mental health of each member. Family has a role to play in the health status of patients with chronic diseases such as DM. ([Hindriyastuti et al., 2023](#)). With the support of the family of diabetic mellitus patients, they will feel that they do not struggle alone, feel that they care, feel appreciated and loved so that they can foster the motivation of diabetic patients to accept themselves and all the shortcomings and weaknesses, one of which is the disease that they are suffering from, namely diabetes mellitus ([Maduriani, 2023](#))

Researchers assume that the social support of the family is obtained in the good category because most families have provided support in the form of family providing time to accompany the patient to undergo treatment, providing affection, attention, and enthusiasm to overcome fear, and always giving praise to the patient for good improvement. Providing the facilities and infrastructure needed by the patient, helping to finance all the patient's treatment, helping to find information about treatment for the patient's health, providing calm, providing time to solve the problems faced by the patient such as discussing every difficulty felt by the patient while undergoing treatment, the family provides time to accompany the patient to undergo treatment.

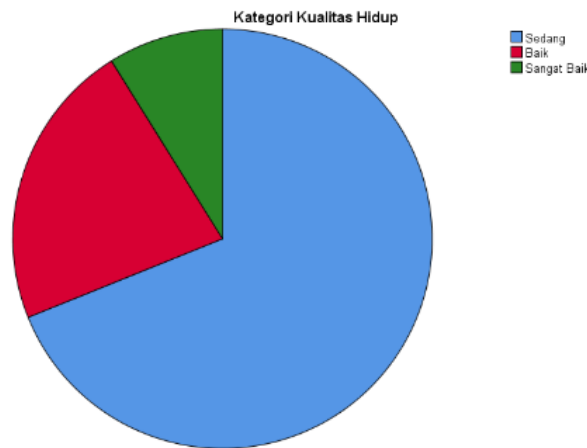
The above assumptions are supported by ([Runtuwarow et al., 2020](#)) Stating the form of interpersonal support includes the family's attitude, actions and acceptance of others, so that the family feels loved, cared for and appreciated. The family becomes a safe and peaceful place for rest and recovery. Powered by ([Nugraheni et al., 2024](#)) who said that they have good social support because the family does not forget to provide support in the form of affection, encouragement, motivation, health facilities and others. Powered by ([Putri, 2023](#)) stated that family social support with a good category still maintains interaction with other people, so that DM patients feel accepted in the community.

The results of the study found that the social support of families with a lack of categories, this occurs due to family background factors, which are caused by several factors such as lack of knowledge, as well as educational factors. And sufferers do not get good support from their families. Because not all families have effective support in dealing with a problem faced by people with diabetes mellitus.

The results of the research from 90 respondents were obtained by 13 respondents with a category of less emotional support indicators. Where the family does not support every effort made by the patient in carrying out treatment, the family does not appreciate every idea and idea that is encouraged, the family does not accompany the patient in carrying out treatment and the family does not provide positive support.

2. Quality of Life of Diabetes Mellitus Patients at H. Adam Malik Hospital Medan in 2024

Diagram 2. Frequency Distribution of Quality of Life of Diabetic Mellitus Patients at H.Adam Malik Hospital Medan in 2024



In the results of a study conducted on 90 respondents on the quality of life of diabetic mellitus patients in diabetic mellitus patients at the H. Adam Malik Central General Hospital Medan in 2024, it was found that 62 respondents (68.9%) had a moderate quality of life, 20 respondents (22.2%) had a good quality of life, and 8 respondents (8.9%) had a very good quality of life. So, it can be interpreted that the majority of respondents have a moderate quality of life as many as 62 respondents (68.9%).

The results of the study showed that the quality of life of patients with diabetes mellitus was in the moderate category. The impact that occurs on the quality of life of patients who have diabetes mellitus in various circumstances such as physical, psychological, social and environmental conditions. Most sufferers have a negative influence on their quality of life, whether they experience complications or not, this is believed to be because diabetes mellitus is difficult to cure. According to the researcher's assumption, the results obtained are the quality of life of patients with diabetes mellitus with a moderate category, where out of 90 respondents, there are 68 respondents over the age of 50 years. Where the patient has entered an age that is no longer productive where the patient feels that he does not have the desire to work because the body has weakened.

According to asusmsi, quality of life researchers have a very important role in managing diseases. The quality of life is influenced by the level of independence, physical and psychological conditions, social activities, social interaction and family functions. Improving the quality of life of patients with diabetes mellitus can be done by doing physical therapy. According to the researcher's assumption, diabetes mellitus is a chronic disease that affects sugar metabolism in the body, therefore the quality of life can be achieved if physical, psychological, social, and environmental factors reach a prosperous condition so that the quality of life can also be good.

The above researcher's assumption is supported by (Haskas & Nurbaya, 2019) stating that one of the important factors that support the quality of life of individuals with diabetes mellitus through self-management is physical activity. (Noorratri, 2019) states that regular exercise for 30 minutes a day is physical exercise that is carried out 3-4 times a week.

Physical exercise in the form of aerobic gymnastics has an effect on reducing blood sugar levels. Which aims to improve or maintain the functional qualities of a person's body.

CONCLUSIONS AND SUGGESTIONS

A. Conclusions

Based on the results of research on family social support and quality of life of diabetic mellitus patients at the H. Adam Malik Central General Hospital Medan in 2024, it can be concluded: Family social support for diabetic mellitus patients at H. Adam Malik Hospital Medan in 2024 was obtained with a category of less than 13 respondents (14.4%), while the category was sufficient 34 respondents (37.8%) and with a good category of 43 respondents (47.8%). The quality of life of diabetic mellitus patients at H. Adam Malik Hospital Medan in 2024 was obtained with results in the moderate category of 62 respondents (68.9%), with a good category of 20 respondents (22.2%), and with a very good category of 8 respondents (8.9%).

B. Suggestion

It is hoped that the results of this study can be used as information material for future researchers with the number of respondents increased, and in the demographic data it is recommended to add the length of suffering from diabetes mellitus and whether there are complications in people with diabetes mellitus.

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