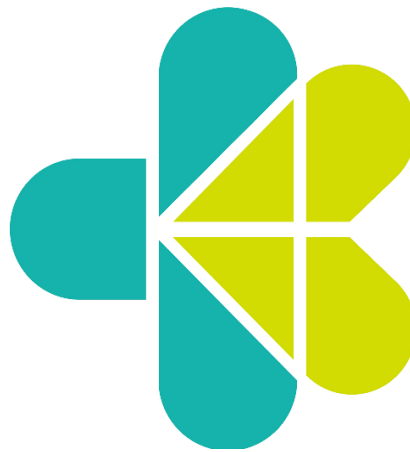


THESIS
**RELATIONSHIP BETWEEN SELF-CARE MANAGEMENT AND SLEEP
QUALITY WITH QUALITY OF LIFE IN DIABETES PATIENTS IN
THE WORK AREA OF SAWAH LEBAR HEALTH CENTER,
BENGKULU CITY 2026**



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**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
HEALTH POLYTECHNIC OF THE MINISTRY OF HEALTH
BENGKULU DEPARTMENT OF NURSING STUDY
PROGRAM BACHELOR OF APPLIED NURSING
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THESIS TITLE PAGE

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BENGKULU CITY 2026**

Submitted as one of the requirements to obtain an Applied Bachelor of Nursing
(S.Tr.Kep) degree in the Applied Bachelor of Nursing Study Program,
Department of Nursing Polytechnics, Ministry of Health, Bengkulu

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QUALITY WITH QUALITY OF LIFE IN DIABETES PATIENTS
IN THE WORK AREA OF SAWAH LEBAR HEALTH
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Thesis Title : Relationships *Self-Care Management and Sleep Quality* with the Quality of Life of Diabetic Mellitus Patients in the Working Area of the Sawah Lebar Health Center, Bengkulu City.

I hereby declare that this thesis is my own original work. The content of this thesis has not been submitted, either in whole or in part, by any other person for the purpose of obtaining an academic degree or qualification at any higher education institution. To the best of my knowledge and belief, this thesis contains no material previously written or published by another person without proper acknowledgment. Where the ideas, findings, or words of others have been used, they have been appropriately cited and referenced in accordance with accepted academic standards.

I make this statement in truth and honesty. Should this thesis subsequently be found to contain any form of plagiarism, I am willing to accept all consequences and assume full responsibility in accordance with the applicable regulations.

Bengkulu, June 23, 2026

Declared by



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MOTTO AND PRESENTATION

"Because actually after the difficulties there is ease"

(Q.S Al-Insyirah : 5-6)

"It's just not easy is not impossible"

~ Author ~

*Various trials and things that make you doubt
Make a spark to hit your determination Your life path is only yours*

~ Daniel Baskara Putra, East Indies ~

PRESENTATION :

I present this thesis to:

- ❖ Allah SWT, because it is with His permission and grace that he has granted prayers and always gives his strength, help, sustenance and grace in this long process to pass and live life.
- ❖ Prophet Muhammad SAW, because of his grace and grace, we can all be free from darkness to the age of bright light and can enjoy education as it is today.
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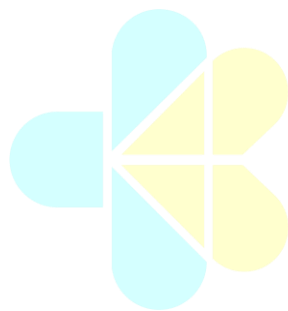
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The author is aware of the imperfections of writing this thesis, therefore, the author expects criticism and suggestions from various parties so that the author can work better and optimally in the future.

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Bengkulu, June 2026



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Poltekkes Bengkulu

**RELATIONSHIP BETWEEN SELF-CARE MANAGEMENT AND SLEEP
QUALITY WITH QUALITY OF LIFE IN DIABETES PATIENTS IN
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BENGKULU CITY 2026**

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ABSTRACT

Background: Diabetes mellitus is a chronic disease that can affect the patient's quality of life. **Objective:** To determine the relationship between *self-care management* and *sleep quality* with quality of life in patients with diabetes mellitus in the working area of the Sawah Lebar Health Center, Bengkulu City in 2026. **Methods:** This study used *a cross sectional design*. The research sample amounted to 101 respondents who were selected using *purposive sampling* techniques. The research instrument used *the Diabetes Self Management Questionnaire (DSMQ)* to measure *self-care management*, *the Pittsburgh Sleep Quality Index (PSQI)* to measure *sleep quality*, and *WHOQOL-BREF* to measure quality of life. Data analysis was conducted using *the Chi-Square* test and was followed by multiple logistic regression. **Results:** Most of the respondents had excellent *self-care management* (60.4%), *good sleep quality* (97.0%), and excellent quality of life (87.1%). The results of *the Chi-Square* test showed that there was no relationship between *self-care management* and quality of life ($p = 0.412$) and there was no relationship between *sleep quality* and quality of life ($p = 0.342$). Multivariate analysis showed that there were no factors that were predominantly associated with the quality of life of patients with diabetes mellitus, although the sex variable had the largest odds ratio value ($OR = 2.249$; $95\% CI = 0.443-11.419$). **Conclusion:** There is no meaningful relationship between *self-care management* and *sleep quality* with quality of life in patients with diabetes mellitus in the working area of the Sawah Lebar Health Center, Bengkulu City in 2026. **Suggestion:** Patients with diabetes mellitus are expected to maintain good self-care and sleep quality to support optimal quality of life, and health workers continue to improve education related to diabetes management.

Keywords: diabetes mellitus; Quality of Life; *self-care management*; *Sleep Quality*; Quality of Life.

**HUBUNGAN *SELF-CARE MANAGEMENT* DAN *SLEEP QUALITY* DENGAN
KUALITAS HIDUP PADA PASIEN DIABETES
MELITUS WILAYAH KERJA PUSKESMAS SAWAH
LEBAR KOTA BENGKULU 2026**

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ABSTRAK

Latar Belakang: Diabetes melitus merupakan penyakit kronis yang dapat mempengaruhi kualitas hidup pasien. **Tujuan:** Mengetahui hubungan *self-care management* dan *sleep quality* dengan kualitas hidup pada pasien diabetes melitus di wilayah kerja Puskesmas Sawah Lebar Kota Bengkulu Tahun 2026. **Metode:** Penelitian ini menggunakan desain *cross sectional*. Sampel penelitian berjumlah 101 responden yang dipilih menggunakan teknik *purposive sampling*. Instrumen penelitian menggunakan *Diabetes Self Management Questionnaire* (DSMQ) untuk mengukur *self-care management*, *Pittsburgh Sleep Quality Index* (PSQI) untuk mengukur *sleep quality*, dan WHOQOL-BREF untuk mengukur kualitas hidup. Analisis data menggunakan uji *Chi-Square* dan dilanjutkan dengan regresi logistik berganda. **Hasil:** Sebagian besar responden memiliki *self-care management* sangat baik (60,4%), *sleep quality* baik (97,0%), dan kualitas hidup sangat baik (87,1%). Hasil uji *Chi-Square* menunjukkan bahwa tidak terdapat hubungan antara *self-care management* dengan kualitas hidup ($p = 0,412$) dan tidak terdapat hubungan antara *sleep quality* dengan kualitas hidup ($p = 0,342$). Analisis multivariat menunjukkan tidak terdapat faktor yang berhubungan dominan dengan kualitas hidup pasien diabetes melitus, meskipun variabel jenis kelamin memiliki nilai Odds Ratio terbesar ($OR = 2,249$; $95\% CI = 0,443-11,419$). **Kesimpulan:** Tidak terdapat hubungan yang bermakna antara *self-care management* dan *sleep quality* dengan kualitas hidup pada pasien diabetes melitus di wilayah kerja Puskesmas Sawah Lebar Kota Bengkulu Tahun 2026. **Saran:** Pasien diabetes melitus diharapkan mempertahankan perawatan diri dan kualitas tidur yang baik untuk mendukung kualitas hidup yang optimal, serta tenaga kesehatan terus meningkatkan edukasi terkait pengelolaan diabetes.

Kata Kunci: Diabetes Melitus; Kualitas Hidup; *Self-Care Management*; *Sleep Quality*; Kualitas Hidup.

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ABBREVIATION LIST

ADA	:	<i>American Diabetes Association</i>
ADL	:	<i>Activity Daily Living</i>
CBT	:	<i>Cognitive Behavioral Therapy</i>
DM	:	<i>Diabetes Mellitus</i>
DMT2	:	<i>Type 2 Diabetes Mellitus</i>
DSME/S	:	<i>Diabetes Self-Management Education and Support</i>
DSMQ	:	<i>Diabetes Self Management Questionnaire</i>
GDS	:	<i>Blood Glucose During</i>
HLA	:	<i>Human Leukocyte Antigen</i>
HPL	:	<i>Human Placental Lactogen</i>
IDF	:	<i>International Diabetes Federation</i>
CARDS	:	<i>Diabetic Ketoacidosis</i>
HOME	:	<i>Maturity Onset Diabetes of the Young</i>
NGSP	:	<i>National Glycohaemoglobin Standardization Program</i>
NREM	:	<i>Non-Rapid Eye Movement</i>
OR	:	<i>Odds Ratio</i>
PARCHMENT	:	<i>Indonesian Endocrinology Society</i>
PSQI	:	<i>Pittsburgh Sleep Quality Index</i>
QOL	:	<i>Quality Of Life</i>
REM	:	<i>Rapid Eye Moves</i>
RISKESDAS	:	<i>Basic Health Research</i>
SDT	:	<i>SelfDetermination Theory</i>
SKI	:	<i>Indonesian Health Survey</i>
TTGO	:	<i>Oral Glucose Tolerance Test</i>
WHO	:	<i>World Health Organization</i>
WHOQOL-SHORT	:	<i>World Health Organization Quality of Life- BREF</i>

LIST OF ATTACHMENTS

Appendix 1 Inform Consent

Appendix 2 Application Letter to Become a Respondent

Appendix 3 Respondent's Letter of Consent

Appendix 4 WHOQOL BREF Instruments

Appendix 5 Sleep Quality Questionnaire

Appendix 6 Dabetes Self Management Questionnaire (DSMQ)

Appendix 7 Research Permit

Appendix 8 DINKES Recommendation Letter

Appendix 9 Ethics Sheet

Appendix 10 Kesbangpol Letter

Appendix 11 Research Documentation

Appendix 12 Research Completion Letter

Appendix 13 Title Approval Sheet

Appendix 14 Thesis Guidance Sheets

