

CHAPTER III

CONCEPTUAL FRAMEWORK, RESEARCH VARIABLES AND OPERATIONAL DEFINITION

A. Concept Framework

Conceptual frameworks are systems about the relationships between variables that are composed of various theories that have been described (Puspa, 2022). The independent variables in this study are *Self-Care Management* and *Sleep Quality* and the dependent variable is Quality of Life. This study uses a questionnaire to find out the results of the relationship of the above variables. The conceptual framework of this study:

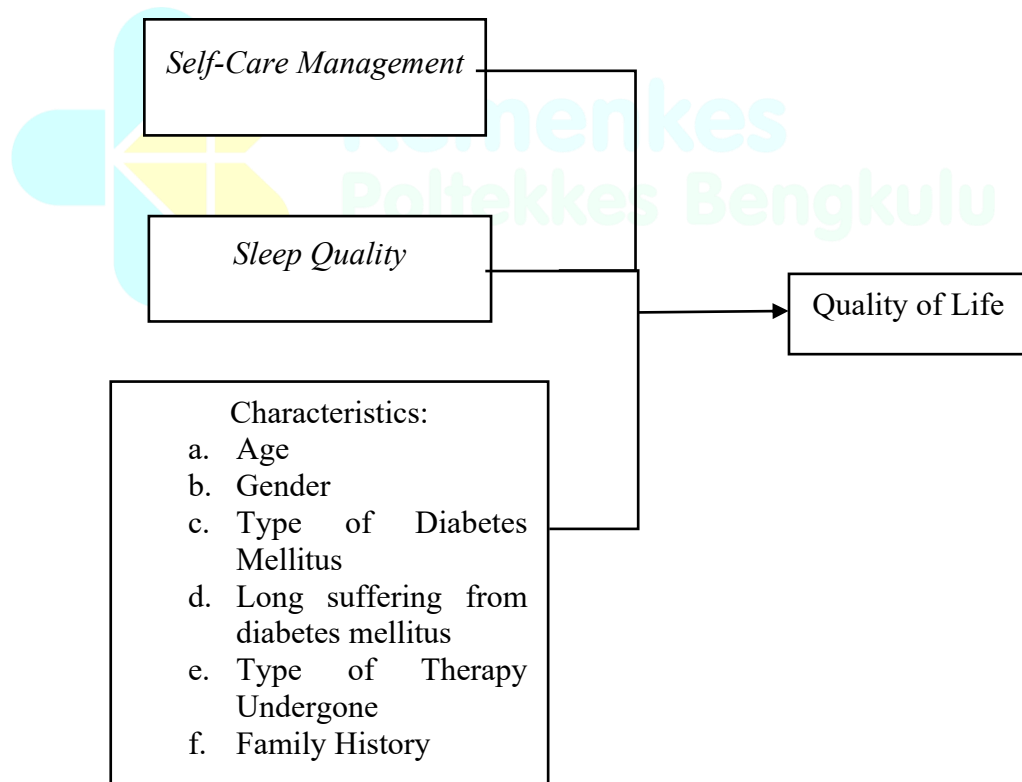


Chart 3. 1 Concept Framework

B. Research Hypothesis

1. There is a relationship between *Self-care Management* and Quality of Life in patients with diabetes mellitus in the work area of the Sawah Lebar Health Center, Bengkulu City
2. There is a relationship between *Sleep Quality* and Quality of Life in patients with diabetes mellitus in the working area of the Sawah Lebar Health Center, Bengkulu City

C. Operational Definition

The independent variables in this study are *Self-Care Management* and *Sleep Quality* and the dependent variable is Quality of Life which can be seen in the following table:

Table 3. 1 Operational Definition

Variable	Definition Operational	How to measure	Measuring instruments	Measurement results	Scale
Independent Variables					
<i>Self-Care Management</i>	<i>Self care Management</i> is the implementation of individual activities related to the fulfillment of needs in maintaining life, health and welfare.	Questionnaire	<i>Diabetes self management questionnaire (DSMQ)</i>	0=Very Poor, if the Self care Management score is 0-24 1=Excellent, if the Self care Management score is 25-48	Ordinal

<i>Sleep Quality</i>	Sleep quality can also be interpreted as a parameter of a person's sleep satisfaction which is assessed from quantitative and qualitative aspects, such as the time needed to fall asleep, length of sleep, frequency of awakening, dizziness, and depth of sleep.	Questionnaire	<i>Pittsburgh Sleep Quality Index (PSQI)</i>	0= Poor, If Sleep Quality 29-57 1= Good, if sleep quality 0-28	Ordinal
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Dependent Variable

Quality of Life	Quality Of Life (QOL) is an individual's perception of their place in life in the context of the culture and values in which they live and in relation to life goals, expectations, standards and concerns.	Questionnaire	Questionnaire WHOQOL-BREF	0=Very Poor,If WHOQOL-BREF=0-52 score 1=Excellent,If the score is WHOQOL-BREF=53-104	Ordinal
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Age	Length of life based on last birthday	Filling out questionnaires and interviews	Characteristics questionnaires	0=Age>Mean/Median 1=Age≤Mean/Median	Nominal
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Gender	Characteristics that distinguish human types between men and women	Filling out questionnaires and interviews	Characteristics questionnaire	0 = Female 1 = Male	Nominal
Type of Diabetes Mellitus	People with diabetes mellitus with DM based on their causes from the very beginning are diagnosed with diabetes	Filling out questionnaires and interviews	Characteristics questionnaire	0=DM type 1 1=DM type 2	Nominal
Long incense dang diabetes mellitus	The length of time a person is diagnosed with diabetes from the beginning of the first time to the time the research is carried out	Filling out questionnaires and interviews	Characteristics questionnaire	0=If >Median/Mean 1=If ≤ Median/Red	Nominal
Types of therapy undergone	Types of therapy that are routinely consumed or used by people with diabetes mellitus during the study	Filling out questionnaires and interviews	Characteristics questionnaire	0=Nonpharmacological 1=Pharmacological.	Nominal
Family History	Previous family members who have diabetes mellitus	Filling out questionnaires and interviews	Characteristics questionnaire	0 = None 1 = Ada	Nominal