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| **CORRELATION BETWEEN ISLAMIC SPIRITUALITY AND DISTRESS IN DIABETES MELLITUS TYPE 2 PATIENTS***KORELASI ANTARA SPIRITUALITAS ISLAM DAN DISTRES PADA PASIEN DIABETES MELITUS TIPE 2* **Adang Muhammad Gugun1\*, Yusuf Alam Romadhon2, Gina Nidaulfalah3, Suci Aprilia4**1 Clinical Pathology Department, Faculty of Medicine and Health Science, Universitas Muhammadiyah Yogyakarta, Jl. Brawijaya, Geblagan, Tamantirto, Kasihan , Bantul, Daerah Istimewa Yogyakarta2 Family Medicine Department, Faculty of Medicine, Universitas Muhammadiyah Surakarta, Jl. Ahmad Yani, Gonila, Kartasura, Sukoharjo, Jawa Tengah3Medical Student, Faculty of Medicine and Health Science, Universitas Muhammadiyah Yogyakarta, Jl. Brawijaya, Geblagan, Tamantirto, Kasihan , Bantul, Daerah Istimewa Yogyakarta 4 Master of Nursing, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada, Jl. Farmako, Senolowo, Sekip Utara, Kec. Depok, Kabupaten Sleman, Daerah Istimewa Yogyakarta |
| **DATA OF ARTICLE:**Received: ….Reviewed: ….Revised: ….Accepted: …**\*CORRESPONDENCE:** adang\_patklin@yahoo.com **DOI:**……….**TYPE OF ARTICLE:**Research | **Abstract:** More than half of people with Diabetes Mellitus experience distress. Spirituality-religiosity strengthens mental health status through coping mechanisms for handling distress in type 2 DM patients.The majority of the population in Indonesia is Muslim, therefore the aim of this study is to determine the profile of Islamic spirituality and distress in type 2 DM patients and the correlation between the two. This research is an analytic observational study with a cross-sectional approach which was conducted at PKU Muhammadiyah Gamping Hospital. Subjects were type 2 DM patients both outpatient and inpatient diagnosed at least more than 6 months. Interviews about spirituality used the Holistic Health Care (HHC) questionnaire and distress used the The Diabetes Distress Screening Scale (DDSS) questionnaire. Analysis using the Spearman test and Somers'd test. 46 subjects were obtained with an age range between 45 to 75. The results of the Spearman test analysis between the Psychospiritual score and the DM Distress score, obtained a value of r=-0.343 with p=0.020. To test the correlation between psychospiritual and distress with categorical data using the Somers' test, the value of r=-0.497 was obtained with p=0.001. There is a moderate correlation between Islamic spirituality and distress in type 2 DM patients. **Keywords:** Distress; Diabetes Mellitus; DM type 2; Islamic Spirituality***Abstrak:*** *Lebih dari separuh penderita Diabetes Melitus mengalami distres. Spiritualitas-religiusitas mengokohkan status kesehatan mental melalui mekanisme koping penanganan distres pada pasien DM tipe 2. Mayoritas penduduk di Indonesia beragama Islam, oleh karenanya tujuan penelitian ini untuk mengetahui profil spiritualitas Islam dan distres pada pasien DM tipe 2 maupun korelasi antara keduanya. Penelitian ini merupakan penelitian observasional analitik dengan pendekatan potong lintang yang dilakukan di RS PKU Muhammadiyah Gamping. Subyek merupakan pasien DM tipe 2 baik rawat jalan maupun rawat inap yang didiagnosis minimal lebih dari 6 bulan. Wawancara mengenai spiritualitas menggunakan kuesioner Holistic Health Care (HHC) dan distres menggunakan kuesioner The Diabetes Distress Screening Scale (DDSS). Analisis menggunakan uji spearman dan uji somers’d. Didapatkan 46 subyek dengan rentang umur antara 45 sampai dengan 75. Hasil analisis uji Spearman antara skor Psikospiritual dan skor Distres DM, didapatkan nilai r=-0,343 dengan p=0,020. Untuk uji korelasi antara Psikospiritual dan distress dengan data kategorik menggunakan uji somers’d, didapatkan nilai r=-0,497 dengan p=0,001. Terdapat korelasi sedang antara spiritualitas Islam dan distres pada pasien DM tipe2.****Kata Kunci:*** *Distres; Diabetes Melitus; DM tipe 2; Spiritualitas Islam* |