COACHING SUPPORT INTERVENTION TO IMPROVE COMPLIANCE MANAGEMENT OF TYPE 2 DIABETES MELLITUS

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ABSTRACT

Introduction: Diabetes mellitus (DM) is not curable, but can be managed with four pillars of the DM management. Comply with this rule for life must be so many stressors for patients who fail to comply. Patient compliance to the management of the disease is one indicator of the success of a treatment. Coaching support is one of the methods to help, managing, improving, DM type 2 patient and family compliance. The aim of this study was to prove the influence of coaching support in improving compliance management of type 2 diabetes mellitus. Method: Quasi experiment with pretest-posttest control group design was carried out this study. The subjects were 60 patients of diabetes mellitus type 2 were selected by simple random sampling, and purposive sampling divided into two groups, control group and treatment group. Data were collected by the compliance questionnaire. Coaching Support was given to the treatment group during two weeks. Data were analyzed by statistical software, using paired t-test for pre-post test and independent t-test, and multiple linear regression with p-value <0.05 was considered significant. Result: The analysis showed that there was a significant difference in compliance between the control group and the group treated with p-value = 0.000. Intervention coaching support is the most influential variable for the compliance of patients with type 2 diabetes mellitus with 0.000 sig.

Discussion: Coaching support able to increase patient compliance support with type 2 diabetes. Coaching can be done either because the respondent and family proactive, and will better patient compliance measurement tool type 2 diabetes mellitus is more developed for further research.

Keywords: coaching support, patient of type 2 diabetes mellitus, compliance