

IMPROVEMENT OF KNOWLEDGE ABOUT ANXIETY MANAGEMENT IN DIABETES MELLITUS PATIENTS

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SUMMARY

Diabetes mellitus (DM) is currently one of the leading causes of death in the world. Results of Basic Health Research (RISKESDAS) in 2018 which stated that there was an increase in the incidence of diabetes mellitus in Indonesia, from 6.9% in 2013 to 8.5% in 2018. WHO predicts an increase in the number of people with diabetes in Indonesia from 8.4 million in 2000 to around 21.3 million by 2030. DM disease as a chronic disease that causes many complications and requires high ongoing care costs. Patients will experience physical, psychological, social problems and cause a heavy economic burden. This disease condition and complications have the potential to cause anxiety which can worsen the condition of the disease. Efforts to reduce anxiety include providing adequate information support about the disease and advice on how to manage anxiety. The use of pocket book output about anxiety management in DM sufferers is as health education which is expected to change knowledge, change attitudes, and instill new behavior for DM sufferers, so as to minimize anxiety. The purpose of the pocket book output is to increase knowledge about anxiety management for diabetics. The outcome achieved was a pocket book entitled: "Anxiety Management in Diabetes Mellitus Patients", which is a health promotion medium so that anxiety management steps can be more easily understood, faster and more widely delivered, especially to DM sufferers. The conclusion is that the output of a pocket book on anxiety management in diabetes mellitus patients is physically easy to carry, easy to read, and easy to learn so that it can be used as an educational medium to reduce anxiety levels in diabetes mellitus sufferers.

Keywords: *diabetes mellitus, anxiety management, pocket book*