

**OVERVIEW OF ANXIETY LEVELS AMONG DIABETES MELLITUS
PATIENTS AT THE PROLANIS HEALTH CENTER IN CEPOGO**

Salsabilla Az Zahra¹, Eska Dwi Prajayanti²

University of 'Aisyiyah Surakarta

salsabillaazzahra.students@aiska-university.ac.id

ABSTRACT

Background: *Diabetes mellitus (DM) is a serious long-term condition that occurs when blood glucose levels rise because the body cannot produce enough insulin. Chronic Disease Management Program in Indonesia follows a comprehensive and integrated approach, which aims to prevent complications and improve the quality of life of patients. Diabetes mellitus can cause anxiety as it is one of the chronic diseases that cannot be cured.* **Research Objective:** *This study aims to determine the level of anxiety among diabetes mellitus patients at Prolanis Cepogo Health Center.* **Research Method:** *A quantitative study using a descriptive method with simple random sampling, involving 57 respondents.* **Research Findings:** *Most diabetes mellitus patients (54,4%) had mid anxiety levels, 22,8% had moderate anxiety, 19,3% had severe anxiety, and 3,5% did not experience anxiety. The majority of respondents were middle-aged adults (82.5%), female (68.4%), and had a ≤ 5 years duration of DM (80.7%).* **Conclusion:** *The anxiety levels of respondents were mild, they were predominantly middle-aged adults, mostly female, and had a short duration of DM.*

Keywords: *Diabetes Mellitus, Anxiety, Prolanis*