

Self-Efficacy and Self-Care of Diabetes Mellitus Patient: a Literature Review

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Abstract— Diabetes mellitus is a chronic illness which needs a long term treatment. Patients could manage their condition with self-efficacy and self-care to avoid complication. This research aimed to explain about self-efficacy and self-care of diabetes mellitus patients. This research methodology was a literature review from 10 articles regarding diabetes mellitus self-efficacy and self-care. The researcher was collecting data from PubMed, Proquest, and Google scholar, using keywords such as self-care in diabetes mellitus, self-confidence in diabetes mellitus. After obtaining the articles, some factors influence in self-care, one of them was confidence. Confidence could be a sign that patients were ready to change their lifestyle and do positive things to control diabetes mellitus. An effective self-care could minimize complication, enhancing confidence and independence in self-care, since self-care was one of the main factors in improving their health. In conclusion, self-care could influence people self-care.

Keywords: self-efficacy, self-care, diabetes mellitus.

I. Introduction

Diabetes mellitus is a chronic illness which the body is disabled in doing carbohydrate, fat, and protein metabolism, therefore, it would enhance blood sugar. Diabetes mellitus needs long term treatment. Self-care is one of the important things in the treatment of diabetes mellitus patients to control blood sugar and avoid complication [4]. In doing self-care diabetes mellitus patients have different perceptions about how to do a self-care and the results of their behaviour.

Self-care was one of the processes to manage their health by adopting skills and attitude to avoid disease and health recovery [3]. Chronic illness patients could maintain health and avoid complication with doing self-management through self-care [1]. Diabetes mellitus patients who have high self-efficacy could be better in self-care compared to those who have low self-efficacy.

Patients who have good self-care and self-efficacy could manage their illness to avoid complication. Research concerning self-efficacy and self-care found that nurse needs to encourage the independence of diabetes mellitus patients by improving self-efficacy, thus, diabetes mellitus patients could manage the symptoms and avoid the

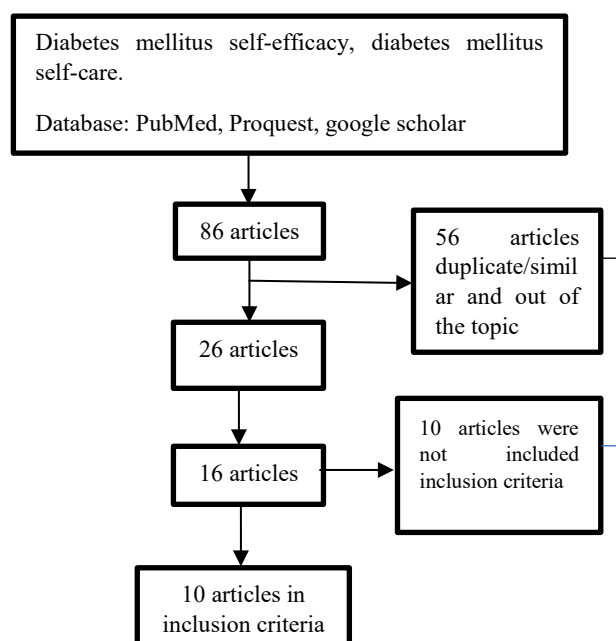
complications. This article aimed to explain the importance of diabetes mellitus patients.

II. Method

The research methodology was using a literature review. The researcher collected some articles from PubMed, Proquest, Google scholar by keywords such as self-care diabetes mellitus, self-efficacy diabetes mellitus. This literature review used ten articles that fulfilled the inclusion criteria: 1]. article focused on self-efficacy concept, 2]. article regarding self-care in diabetes mellitus patient, 3] article published in Bahasa and English, 4]. article had published between 2004 until 2017, 5] the research sample was chronic and diabetes mellitus patients.

III. Result

The researcher collected five articles from google scholar, three articles from ProQuest, and two articles from PubMed.



The result from a literature review of ten articles revealed that diabetes mellitus patients should have self-efficacy and good self-care to manage their illness. This activity aimed to make patients understand, being motivated to protect, care and keep their health.

IV. Discussion

[2]. stated that self-efficacy is closely related to health behaviour and keep those attitudes consistently. Diabetes mellitus patients have a principle in doing self-care. Daily self-care depends on their principle in doing self-care and decides about the result will they achieved. Those ability influences motivation, initiatives and participation in doing self-care. Someone who has a high efficacy also will have high motivation. The ability to do one attitude was a success. [7] showed that self- efficacy closely related to self-care attitude in diabetes mellitus patient. According to research self-efficacy had known as a key factor in doing self-care and chronic illness management. According to [6] , stated that self-efficacy give more contribution to the understanding of health behaviour. So self-efficacy was important to enhance knowledge, behavior and ability [9]. [7] revealed that self-efficacy closely related to self-care attitude in diabetes mellitus patients. It showed that diabetes mellitus patients need motivation and confidence in their self-care ability. An effective self-care can minimize complication, enhancing confidence and independence since self-care is a key factor in improving human's health. The purpose of diabetes mellitus self-care is to normalize insulin activity and blood glucose to avoid complication. The aim of applying the treatment of type 2 is to achieve normal blood glucose without hypoglycemia and serious problem in patients' activity [8]. Five pillars in manage DM type 2 are diet, physical exercise, controlling blood sugar, medicine to avoid hypoglycemic and education

V. Conclusion

The development of health technology nowadays has made us able to consider evidence-based regarding self-efficacy and self-care to provide intervention to help patients manage chronic illness and change lifestyle to minimize complication. Nurses should encourage patients to improve confidence and independence since self-care is a key factor in enhancing health. Hopefully, nurses could help diabetes mellitus patients through self-efficacy to lighten the symptoms and studies about self-efficacy and self-care in diabetes mellitus patients could be even broader.

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