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ABSTRACT

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FACTORS RELATING TO THE QUALITY OF LIFE OF DIABETES MELLITUS PATIENTS (Study of Diabetes Mellitus Patients Aged ≤ 45 Years at Kedungreja Health Center and Cipari Health Center, Cilacap Regency)

Quality of life issues are an important aspect to predict how well diabetes mellitus sufferers will control their disease and maintain health in the long term. The quality of life of diabetes mellitus sufferers is greatly influenced by various factors. The aim of this study was to analyze factors related to the quality of life of diabetes mellitus sufferers at the UPTD of the Kedungreja Community Health Center and the Cipari Community Health Center UPTD, Cilacap Regency. This research is included in quantitative research using a cross-sectional approach. The research population consisted of 153 respondents aged ≤ 45 years at the UPTD of the Kedungreja Community Health Center and the Cipari Community Health Center UPTD, Cilacap Regency in 2023. The sampling technique applied was total sampling. The independent variables in this study are length of time suffering from diabetes mellitus, complications, self-care management, family support and knowledge. The dependent variable in this study is the quality of life of diabetes mellitus sufferers. Data analysis consisted of univariate and bivariate analysis using the chi square test. This study revealed a relationship between the duration of suffering from diabetes mellitus (p value < 0.001 , $OR=6.067$), complications (p value < 0.001 , $OR=5.215$), self-care management (p value < 0.001 , $OR=53.55$), family support (p value < 0.001 , $OR=12.809$), and knowledge (p value < 0.001 , $OR= 20.278$) and quality of life. Therefore, it is recommended to implement more self-care management, carry out regular health checks, and the respondent's family is expected to provide support and education to achieve a better quality of life. This research then requires further development by using different samples, variables and research designs.

Keywords: Quality of Life, Diabetes Mellitus, Aged ≤ 45 Years.