

## **BAB V**

### **PENUTUP**

#### **5.1. Kesimpulan**

Berdasarkan hasil analisis dari artikel diatas mendapatkan bahwa Metode *Diabetes Self Management Education* dapat meningkatkan tingkat *Self Care Behavior* pada pasien Diabetes Melitus Tipe 2. Dari hasil studi literature diketahui bahwa pendidikan kesehatan atau penerapan DSME dengan Penyuluhan, Ceramah, pelatihan ataupun dengan media elektronik berupa, video/ *audiovisual* dan gambar/ *Conversation maps* dan juga lewat aplikasi grup wa, komunitas, dan aplikasi *smartphone*, mampu meningkatkan Kemampuan diri, pengetahuan, sikap dan perilaku (*Self Care Behavior*) responden agar lebih menyadari pentingnya manajemen diri terhadap penyakit, sehingga dapat mencegah bahaya komplikasi dan dapat meningkatkan derajat Kesehatan dari penderita.

#### **5.2. Conflict Of Interest**

Studi literature ini adalah penulisan secara mandiri, sehingga tidak terdapat konflik kepentingan didalam penulisan.

#### **5.3. Saran**

Hasil dari analisis penelitian ini diharapkan dapat menjadi bahan referensi bagi penelitian selanjutnya, yang diharapkan dapat melakukan penelitian lanjutan mengenai DSME ini. dan juga menambah wawasan dan informasi mengenai metode DSME pada perawat sehingganya DSME dapat diterapkan diseluruh

kalangan masyarakat di fasilitas-fasilitas kesehatan terdekat maupun Rumah Sakit dan dapat membantu mengurangi komplikasi akibat diabetes, khususnya penderita diabetes mellitus agar dapat menerapkan ilmu yang telah diperoleh melalui perawatan mandiri yang benar dan memberikan ilmu tersebut kepada orang lain yang belum mengetahuinya, sehingga diharapkan masyarakat juga ikut serta membantu mengurangi komplikasi yang terjadi pada pasien akibat penyakit diabetes mellitus.

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