ABSTRACT

Type 2 diabetes is a chronic disease which needs further diabetes self-management to prevent acute complications and to decrease the risk of long-term complications. Self-efficacy and self-management in patients with type 2 diabetes consists of two important components as the basis for improving patients’ independence in managing their illness, preventing diabetes related complications and maintaining the quality of life. The objective of the research was to determine the relationship between self-efficacy with self-management in patients with type 2 diabetes. This study used a quantitative correlation method with cross-sectional design, it was conducted in Dr. Pirngadi General Hospital, Medan. The samples were 92 patients with type 2 diabetes, taken by using convenience sampling technique, the data were analyzed by distributing questionnaires as the instrument of the research. The results of this study showed that there was significant correlation between self-efficacy with self-management in patients with type 2 diabetes.
diabetes ($r=0.412$, $p<0.05$), patients with higher levels of efficacy will perform better diabetes self-management. It is recommended that nursing education, nursing practice, and nursing research, should develop comprehensive education method in order to improve self-efficacy and self-management in patients with type 2 diabetes.

Keywords: type 2 diabetes, self-efficacy, self-management.