

## MESSAGE REMINDER MENINGKATKAN DIABETES SELF MANAGEMENT SCORE PADA PENYANDANG DIABETES MELLITUS TIPE 2

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Article Info	ABSTRAK
<p><b>Article History:</b>            Received 16/02/2026.            Revised -            Accepted 10/03/2026.</p>	<p>Latar Belakang: Diabetes melitus (DM) tipe 2 merupakan penyakit kronis, diperlukan manajemen diri untuk mencegah komplikasi. Pemberian edukasi menggunakan message reminder untuk meningkatkan kemampuan manajemen diri .            Tujuan: Diketuinya peningkatan diabetes self management score setelah diedukasi menggunakan message reminder pada penyandang DM tipe 2.            Metode: Jenis penelitian quasi experiment, dengan pre-post test with control group desain. Teknik sampling menggunakan simple random sampling, dengan spinwheel, jumlah responden 62 terdiri 31 kelompok intervensi dan 31 kelompok kontrol. Analisis data menggunakan uji Wilcoxon dan Mann Whitney.            Hasil: Pada kelompok intervensi didapatkan Positive Ranks sejumlah 31, sedangkan kelompok kontrol Positive Ranks sejumlah 2 responden. Hasil mean rank kelompok intervensi sebesar 46.05 sedangkan kelompok kontrol sebesar 16.94. Hasil uji Mann Whitney didapatkan <math>p=0.000</math> (<math>p&lt;0.05</math>) artinya secara signifikan ada peningkatan diabetes self management score pada kelompok yang diedukasi menggunakan message reminder .            Kesimpulan: Ada peningkatan diabetes self management score setelah diedukasi menggunakan message reminder pada penyandang DM tipe 2</p>
<p><b>Keywords:</b>            Diabetes Melitus Tipe 2            Diabetes Self Manajemen Score, Edukasi            Message Reminder.</p>	<p><b>ABSTRACT</b>  <i>Background: Type 2 diabetes mellitus (DM) is a chronic disease, requiring self-management to prevent complications. education using message reminders to improve self-management skills.</i>  <i>Objective: To determine the increase in diabetes self-management scores after education using message reminders for people with type 2 diabetes.</i>  <i>Method: This type of research is quasi-experimental, with a pre-post test with control group design . The sampling technique uses simple random sampling. random sampling, with spinwheel, The number of respondents was 62, consisting of 31 intervention groups and 31 control groups. Data analysis using the Wilcoxon and Mann Whitney tests .</i>  <i>Results: In the intervention group obtained Positive Ranks were 31 , while the control group had 2 respondents. The mean rank of the intervention group was 46.05 whereas group control of 16.94. The Mann Whitney test results obtained <math>p = 0.000</math> ( <math>p &lt; 0.05</math>) meaning that there was a significant increase in the diabetes self-management score in the group educated using message reminder</i>  <i>Conclusion: There was an increase in diabetes self-management score after educated using message reminders for people with type 2 diabetes.</i></p>

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