

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-efficacy* dengan strategi *coping* pada orang dengan diabetes mellitus (DM). Hipotesis yang diajukan adalah ada hubungan positif antara *self-efficacy* dengan strategi *coping* pada orang dengan diabetes mellitus. Subjek dalam penelitian ini berjumlah 40 orang yang memiliki ciri-ciri pasien diabetes mellitus (DM), berdasarkan diagnosis dokter. Cara pengambilan subjek dengan menggunakan metode *purposive sampling*. Pengambilan data penelitian ini menggunakan Skala *General Self-Efficacy* (GSE) dan Strategi *Coping*. Data dianalisis menggunakan korelasi *product moment* dengan program SPSS V.23. Berdasarkan hasil analisis, diperoleh nilai korelasi sebesar 0,384 ($p < 0,01$). Hasil tersebut menunjukkan bahwa terdapat hubungan positif antara *self-efficacy* dengan strategi *coping* pada orang dengan diabetes mellitus. Diterimanya hipotesis dalam penelitian ini menunjukkan koefisien determinasi (R^2) sebesar 0,147 yang berarti *self-efficacy* memiliki kontribusi 14% terhadap strategi *coping* dan sisanya 86% dipengaruhi oleh faktor lain seperti kesehatan fisik, keterampilan sosial, keterampilan memecahkan masalah dan materi.

Kata kunci: *self-efficacy*, strategi *coping*

ABSTRACT

This study aims to determine the relationship between self-efficacy and coping strategies in people with diabetes mellitus (DM). The hypothesis proposed is that there is a positive relationship between self-efficacy and coping strategies in people with diabetes mellitus. The subjects in this study were 40 people who had the characteristics of patients with diabetes mellitus (DM), based on a doctor's diagnosis. How to take the subject using the purposive sampling method. Retrieval of this research data using the General Self-Efficacy Scale (GSE) and Coping Strategy. Data were analyzed using product moment correlation with the SPSS V.23 program. Based on the results of the analysis, obtained a correlation value of 0.384 ($p < 0.01$). These results indicate that there is a positive relationship between self-efficacy and coping strategies in people with diabetes mellitus. The acceptance of the hypothesis in this study shows the coefficient of determination (R^2) of 0.147 which means that self-efficacy contributes 14% to coping strategies and the remaining 86% is influenced by other factors such as physical health, social skills, problem solving skills and material.

Keywords: *self-efficacy, coping strategy*

