

# Self-Efficacy and Self-Care of Diabetes Mellitus Patient: a Literature Review

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**Abstract—** Diabetes mellitus is a chronic illness which needs a long term treatment. Patients could manage their condition with self-efficacy and self-care to avoid complication. This research aimed to explain about self-efficacy and self-care of diabetes mellitus patients. This research methodology was a literature review from 10 articles regarding diabetes mellitus self-efficacy and self-care. The researcher was collecting data from PubMed, Proquest, and Google scholar, using keywords such as self-care in diabetes mellitus, self-confidence in diabetes mellitus. After obtaining the articles, some factors influence in self-care, one of them was confidence. Confidence could be a sign that patients were ready to change their lifestyle and do positive things to control diabetes mellitus. An effective self-care could minimize complication, enhancing confidence and independence in self-care, since self-care was one of the main factors in improving their health. In conclusion, self-care could influence people self-care.

**Keywords:** self-efficacy, self-care, diabetes mellitus.

## I. Introduction

Diabetes mellitus is a chronic illness which the body is disabled in doing carbohydrate, fat, and protein metabolism, therefore, it would enhance blood sugar. Diabetes mellitus needs long term treatment. Self-care is one of the important things in the treatment of diabetes mellitus patients to control blood sugar and avoid complication [4]. In doing self-care diabetes mellitus patients have different perceptions about how to do a self-care and the results of their behaviour.

Self-care was one of the processes to manage their health by adopting skills and attitude to avoid disease and health recovery [3]. Chronic illness patients could maintain health and avoid complication with doing self-management through self-care [1]. Diabetes mellitus patients who have high self-efficacy could be better in self-care compared to those who have low self-efficacy.

Patients who have good self-care and self-efficacy could manage their illness to avoid complication. Research concerning self-efficacy and self-care found that nurse needs to encourage the independence of diabetes mellitus patients by improving self-efficacy, thus, diabetes mellitus patients could manage the symptoms and avoid the

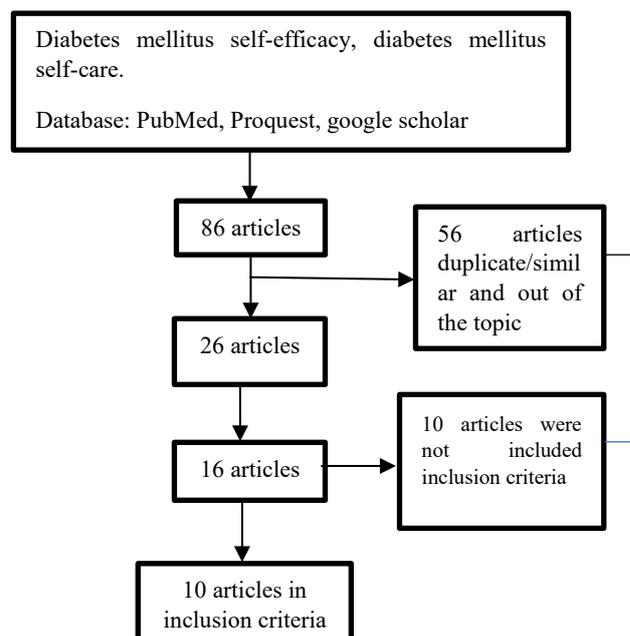
complications. This article aimed to explain the importance of diabetes mellitus patients.

## II. Method

The research methodology was using a literature review. The researcher collected some articles from PubMed, Proquest, Google scholar by keywords such as self-care diabetes mellitus, self-efficacy diabetes mellitus. This literature review used ten articles that fulfilled the inclusion criteria: 1]. article focused on self-efficacy concept, 2]. article regarding self-care in diabetes mellitus patient, 3] article published in Bahasa and English, 4]. article had published between 2004 until 2017, 5] the research sample was chronic and diabetes mellitus patients.

## III. Result

The researcher collected five articles from google scholar, three articles from ProQuest, and two articles from PubMed.



The result from a literature review of ten articles revealed that diabetes mellitus patients should have self-efficacy and good self-care to manage their illness. This activity aimed to make patients understand, being motivated to protect, care and keep their health.

#### **IV. Discussion**

[2]. stated that self-efficacy is closely related to health behaviour and keep those attitudes consistently. Diabetes mellitus patients have a principle in doing self-care. Daily self-care depends on their principle in doing self-care and decides about the result will they achieved. Those ability influences motivation, initiatives and participation in doing self-care. Someone who has a high efficacy also will have high motivation. The ability to do one attitude was a success. [7] showed that self- efficacy closely related to self-care attitude in diabetes mellitus patient. According to research self-efficacy had known as a key factor in doing self-care and chronic illness management. According to [6] , stated that self-efficacy give more contribution to the understanding of health behaviour. So self-efficacy was important to enhance knowledge, behavior and ability [9]. [7] revealed that self-efficacy closely related to self-care attitude in diabetes mellitus patients. It showed that diabetes mellitus patients need motivation and confidence in their self-care ability. An effective self-care can minimize complication, enhancing confidence and independence since self-care is a key factor in improving human's health. The purpose of diabetes mellitus self-care is to normalize insulin activity and blood glucose to avoid complication. The aim of applying the treatment of type 2 is to achieve normal blood glucose without hypoglycemia and serious problem in patients' activity [8]. Five pillars in manage DM type 2 are diet, physical exercise, controlling blood sugar, medicine to avoid hypoglycemic and education

#### **V. Conclusion**

The development of health technology nowadays has made us able to consider evidence-based regarding self-efficacy and self-care to provide intervention to help patients manage chronic illness and change lifestyle to minimize complication. Nurses should encourage patients to improve confidence and independence since self-care is a key factor in enhancing health. Hopefully, nurses could help diabetes mellitus patients through self-efficacy to lighten the symptoms and studies about self-efficacy and self-care in diabetes mellitus patients could be even broader.

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