

DAFTAR PUSTAKA

- ada. (2020). Classification And Diagnosis Of Diabetes: Standards Of Medical Care In Diabetes-2020. *Diabetes Care*, 43(January), S14–S31. <https://doi.org/10.2337/Dc20-S002>
- Ade Srywahyuni, D. A. & O. Z. (2021). *Analisa Diabetic Self Care Menggunakan Summary Of Diabetes Self Care Activities (Sdsca) Pada Penderita Diabetes Melitus*. 4(3), 190. <https://ojs.fdk.ac.id/index.php/nursing/index>
- Adnan Indra Muchlis, S. H. (2020). Filsafat Ilmu Pengetahuan Dan Penelitian. In *Trussmedia Grafika*.
- Aisy, R., Asniar, & Tahlil, T. (2026). *Analysis Of Knowledge Level, Self-Efficacy, And Self-Management Among Type 2 Diabetes Mellitus Patients In Rural Areas Of Aceh Province Irihhadatul*. 5(8).
- Aje, A., & Fakeye, T. . (2024). *Factors Associated With Disease Knowledge And Attitude Among Ambulatory Patients With Type 2 Diabetes – A Multicenter Study*.
- Aji, S. P., Nugroho, F. S., & Rahardjo, B. (2023). Promosi Dan Pendidikan Kesehatan Di Masyarakat (Strategi Dan Tahapannya). Global Eksekutif Teknologi. In *Promosi Dan Pendidikan Kesehatan*. https://eprints.univetbantara.ac.id/id/eprint/140/1/2_buku_promosi_dan_pendidikan_kesehatan_di_masyarakat-1.pdf
- Alpian, M., Alfarizi, L. M., & Almahera. (2022). Diabetes Mellitus Tipe 2 (Dua) Dan Pengobatannya: Suatu Tinjauan Literatur. *Journal Of Public Health And Medical Studies*, 1(1), 13–23. <https://scientium.co.id/journals/index.php/jphms/article/view/254>
- Anggraini, N. A., & Permana, A. C. (2025). Edukasi Berbasis Self-Care Untuk Peningkatan Pengetahuan Dan Perilaku Masyarakat Dalam Mengontrol Gula Darah Pada Penyakit Diabetes Mellitus Di Rsud Jombang. *Dedikasi Saintek Jurnal Pengabdian Masyarakat*, 4(1), 24–32. <https://doi.org/10.58545/djpm.v4i1.486>
- Ardiansyah, A. R., Ragayasa, A., Waluyo, K. O., Widyastuti, D. U., & Surabaya, P. K. (2025). *Hubungan Pengetahuan Tentang Diet Pada Dm Dan Kepatuhan Diet Pada Pasien Diabetes Melitus Tipe 2 Di*. 9(10), 117–124.
- Ayuso-Diaz, V. M., Colli-Garcia, J. J., & Hernandez-Pat, M. A. (2025). Nurse-Led Educational Intervention Improves Self-Care Knowledge In Type 2 Diabetes: A Pre-Post Study Using The Diabetes Knowledge Questionnaire. *Cureus*, 17(7), 1–8. <https://doi.org/10.7759/cureus.87477>
- Bassin, S. R., & Srinath, R. (2023). *The Impact Of Physical Activity In Patients With Type 2 Diabetes*. 19(1), 147–161. <https://doi.org/10.1177/15598276231180541>
- Betty, J., Jusuf, K., & Raharja, A. T. (2019). *Tingkat Pengetahuan Dan Sikap Mahasiswa Program Studi Pendidikan Olahraga Universitas Muhammadiyah Kalimantan Timur Terhadap Permainan Tennis Knowledge Level And Attitude Of Universitas Muhammadiyah Kalimantan Timur Sports Education Study Program Against Tennis Game*. 15(2), 70–79.
- Chen, X., Johnson, A. R., Usher, E. L., Roeder, M., Kennedy, M. S., & Mamaril, N. A. (2023). *Mastery , Models , Messengers , And Mixed Emotions : Examining The Development Of Engineering Self-Efficacy By Gender*. September 2022, 64–89. <https://doi.org/10.1002/jee.20494>

- Dila, & Ramadhani. (2021). Hakikat Manusia: Pengetahuan (Knowledge), Ilmu Pengetahuan (Sains), Filsafat Dan Agama Dila. *Jurnal Tawadhu*, 5(2), 210–219.
- Dinas Kesehatan Kota Surabaya. (2024). *Profil Kesehatan Dinas Kesehatan Kota Surabaya Tahun 2024*. Dinkes.Surabaya.Go.Id
- Dinas Kesehatan Provinsi Jawa Timur. (2024). Profil Kesehatan Provinsi Jawa Timur 2024. In *Profil Kesehatan Provinsi Jawa Timur*. <https://dinkes.jatimprov.go.id>
- Ernawati, E., Ariyanti, M., & ... (2025). The Effect Of Education Through Video Self Care Management On Type 2 Diabetes Mellitus Patients: A Quasi-Experimental Study. *Jurnal Ilmiah ...*, 182–190. <https://journal.stikesyarsimataram.ac.id/index.php/jik/article/view/497>
- Firmansyah, D., & Saepuloh, D. (2022). *Social Learning Theory : Cognitive And Behavioral Approaches Teori Pembelajaran Sosial : Pendekatan Kognitif Dan Perilaku*. 1(3), 297–324.
- Fitriadi, Y., Kusnanto, H., & Danawati, C. W. (2021). *Impact Of Foot Care Education Program Using Whatsapp Group On Knowledge And Foot Care Practice In Diabetic Patients*. 42–48.
- Fitriah, Haris, M., Megawati, C. D., Mufarika, Suryaningsih, & Rodiyatun. (2020). The Influence Of Diabetes Self Management Education And Support For Self Efficacy And Self Care Behaviour In Client With Type 2 Diabetes Mellitus. *International Journal Of Nursing And Midwifery Science (Ijnms)*, 4(1), 83–93. <https://doi.org/10.29082/ijnms/2020/Vol4/Iss1/247>
- Kemenkes. (2023). *Survei Kesehatan Indonesia (Ski)*.
- Kirana, S. A. C., Martyastuti, N. E., Lestari, D. A. S., Achjar, D. N. K. A. H., Nuryanti, Y., Gama, I. K., Fabanjo, I. J., Rukmini, D., Ns. Gracia Herni Pertiwi, M.Kep., P. D. N., Ratanto, D. N., Ketut Sudiantara, A. P. P., Mawaddah, N., Ariyanti, S., & Mustika, D. D. I. W. (2023). *Falsafah & Teori Keperawatan* (P. I. Daryaswanti (Ed.); Cetakan Pe). Pt. Sonpedia Publishing Indonesia.
- Kumar, A. T. S., Raj, N., & Jayamohan, P. (2021). *A Case Study On Diabetic Foot Ulcer And Its Management*. 5(4), 259–261. <https://doi.org/10.4239/Wjd.V6.I1.37>
- Kupai, K., Várkonyi, T., Török, S., Gáti, V., Czimmerer, Z., Puskás, L. G., & Szebeni, G. J. (2022). Recent Progress In The Diagnosis And Management Of Type 2 Diabetes Mellitus In The Era Of Covid-19 And Single Cell Multi-Omics Technologies. *Life*, 12(8). <https://doi.org/10.3390/Life12081205>
- Lestari, P., Liyanovitasari, & Prabowo, H. (2025). *Medication Adherence In Patients With Diabetes Mellitus And Influencing*. 28(2), 237–242.
- Lianto. (2019). *Self-Efficacy : A Brief Literature Review*. 15, 55–61.
- Mahsunah, A., & Muhimmatul, M. (2023). *Efektivitas Self Efficacy Terhadap Kepercayaan Diri Pada Siswa*.
- Majalaya, K., Azahrah, F. R., Afrinaldi, R., & Karawang, U. S. (2021). *Jurnal Ilmiah Wahana Pendidikan*. 7(4). <https://doi.org/10.5281/Zenodo.5209565>
- Marbun, A. S., Siregar, R., Harefa, K., Yuni, T., & Sidabutar, F. (2021). *Efektivitas Diabetes Self Management Education (Dsme) Berbasis Aplikasi Whatsapp Terhadap Self Efficacy Pada Pasien Dm Tipe 2 Di Puskesmas Hamparan Perak*. 4(2).

- Mulfianda, R., Keumala, A., & Riza, S. (2024). Efektivitas Pemanfaatan Video Edukasi Melalui Whatsaap Terhadap Manajemen Diri Pada Pasien Diabetes Mellitus Tipe 2 Di Kota Banda Aceh. *Journal, P-Issn: 2746-198x E-Issn: 2746-3486 Volume 4 Nomor 5 Tahun 2024] Hal 1777-1784*, 4, 1777–1784.
- Nafiah, I. C., Bistara, D. N., Zahroh, C., Rohmawati, R., Susanti, & Gusmantara, P. (2026). *Self-Efficacy And Adherence As Predictors Of Quality Of Life In Patients With Type 2 Diabetes Mellitus: A Cross-Sectional Study At Jemursari Islamic Hospital, Surabaya*. 19, 1–11.
- Nursalam. (2015). *Metode Penelitian Ilmu Keperawatan* (P. P. Lestari (Ed.); Edisi 4). Salemba Medika.
- Padmasari, S., & Sugiyono, S. (2024). Pemanfaatan Media Sosial Dalam Meningkatkan Pengetahuan Dan Kepatuhan Pasien Diabetes Melitus. *Jpscr: Journal Of Pharmaceutical Science And Clinical Research*, 9(2), 200. <https://doi.org/10.20961/jpscr.V9i2.74336>
- Perkeni. (2021). Pedoman Pengelolaan Dan Pencegahan Diabetes Melitus Tipe 2 Dewasa Di Indonesia 2021. *Global Initiative For Asthma*, 46. www.ginasthma.org.
- Petrika, Y., Nurhasanah, F. E., & Sopiandi. (2022). *Media Whatsapp Berefektivitas Terhadap Pengetahuan Gizi Dan Kepatuhan Diet Pasien Diabetes Mellitus Tipe 2*.
- Purnama, R. (2022). The Relationship Of Self Care With The Quality Of Life Of Type Ii Diabetes. *Journal Analytica Islamica*, 11(2).
- Puspasari, S., Imam Hardiansyah, C., Nurdina, G., Herdiman, H., Permana, S., & Antika Rizki Kusuma Putri, T. (2023). Edukasi Berbasis Self Management Untuk Meningkatkan Self Care Pada Diabetes Mellitus Tipe 2. *Kolaborasi: Jurnal Pengabdian Masyarakat*, 3(2), 115–122. <https://doi.org/10.56359/kolaborasi.V3i2.240>
- Putra, E. E., Hermanto, F., & Sukandar, E. Y. (2024). Review : Instrumen Kuesioner Pada Pasien Diabetes Melitus Pendahuluan Diabetes Melitus (Dm) Merupakan Salah Satu Penyakit Kronis Yang Terus Meningkatkan Kualitas Hidup Secara Keseluruhan . Pemilihan Kuesioner Yang Tepat Sangat Penting Untuk Mendapatkan Dat. *Jurnal Buana Farma (Jbf)*, 4(3), 227–237.
- Rahbar, S., & Zarifsanaiey, N. (2024). *The Effectiveness Of Social Media-Based Microlearning In Improving Knowledge , Self- Efficacy , And Self-Care Behaviors Among Adult Patients With Type 2 Diabetes : An Educational Intervention*. 1–9.
- Safdari, A. (2025). *Effect Of Social Media-Based Education On Self-Care Status , Health Literacy , And Glycated Hemoglobin In Patients With Type 2 Diabetes*. January, 1–9. <https://doi.org/10.3389/fpubh.2025.1507726>
- Saleem, F., Haider, S., Iqbal, Q., Raziq, A., Farooqui, M., & Bashaar, M. (2025). Exploring The *Self-Efficacy* Of Patients With Type 2 Diabetes Mellitus: A Cross-Sectional Assessment Focusing On A Low-Income, Less-Educated Community Of Quetta City, Pakistan. *Diabetes, Metabolic Syndrome And Obesity*, 18(June), 1985–1998. <https://doi.org/10.2147/dmso.S524502>
- Setyawati, A. D., Ngo, T. Hai L., Padila, & Andri, J. (2020). *Obesity And Heredity For Diabetes Mellitus Among Elderly*. 1 Nomor 1, 1–9. <https://doi.org/10.31539/josing.V1i1.1149>
- Shabrina, A. R., Sianturi, C. A., & Maghfirah, Y. (2025). *Kontribusi Teori Sosial-*

- Kognitif Albert Bandura Dalam Pembelajaran Anak Usia Dini*. 5(3), 30954–30961.
- Shah, S. Z. A., Karam, J. A., Zeb, A., & Ullah, R. (2021). Movement Is Improvement : The Therapeutic Effects Of Exercise And General Physical Activity On Glycemic Control In Patients With Type 2 Diabetes Mellitus : A Systematic Review And Meta-Analysis Of Randomized Controlled Trials. *Diabetes Therapy*, 12(3), 707–732. <https://doi.org/10.1007/s13300-021-01005-1>
- Silalahi, L. E., Prabawati, D., & Hastono, S. P. (2021). *Efektivitas Edukasi Self-Care Terhadap Perilaku Manajemen Diri Pada Pasien Diabetes Melitus Di Wilayah Puskesmas Sukapura Jakarta*. 4(1), 15–22.
- Singh, E. P., & Pareek, N. (2025). Assessing Self-Management Practices Through Diabetes Knowledge Questionnaire And Summary Of Diabetes Self-Care Activities Scale Among Type 2 Diabetic Patients: A Pilot Study. *Asian Journal Of Current Research*, 10(2), 54–60. <https://doi.org/10.56557/Ajocr/2025/V10i29239>
- Sitorus, F. B. M., Valerie, P., Noijs, G., Patricia, W., Pusung, N., & Sibuea, R. O. B. (2024). *Implementation Of The Five Pillars Diabetes Education On Knowledge And Self-Care Behavior Among Patients With Type 2 Diabetes*. D, 3–8.
- Subkhan, M., Firman, F., & Agustini, I. (2024). *The Effect Of Diabetes Self Management Education (Dsme) On*. 13(1), 127–134.
- Sunarti, Wijayanti, D., Lesmana, H., & Najihah. (2024). *Efektifitas Edukasi Terhadap Pengetahuan Dan Efikasi Diri Pasien Dalam Pencegahan Kaki Diabetik Sunarti1*,. 4*, 2801–2814.
- Tokan, P. K., Owa, K., Robert, D., Fankari, F., Sulastawati, M. K., Wisanti, E., Maramis, J. L., Langi, G. K. L., Berliana, N., Mariana, N., Trisnainingsih, R., Yudha, R. R. W. K., Silfia, A., Fione, V. R., & Setiana, I. (2024). Bunga Rampai Media Promosi Kesehatan. In *Pt Media Pustaka Indo* (Vol. 4, Issue 1).
- Wahyuni, N. L. (2018). *Efikasi Diri Dan Perilaku Inovasi*. Sidoarjo: Indomedia Pustaka, 2018 Anggota Ikapi No. 195/Jti/2018 1 Jil., 17 × 24 Cm, 94 Hal. www.indomediapustaka.com
- Wardani, E. M., & Nugroho, R. F. (2022). The Infulence Of Diabetes Self Management Education With Ava On The Knowledge Of Diabetes Mellitus Type 2. *Diponegoro Medical Journal (Jurnal Kedokteran Diponegoro)*, 11(5), 242–246. <https://doi.org/10.14710/Dmj.V11i5.35631>
- Widodo, S., Ladyani, F., Asrianto, L. O., Rusdi, Khairunnisa, Lestari, S. M. P., Wijayanti, D. R., Devriany, A., Hidayat, A., Dalfian, Nurcahyati, S., Sjahriani, T., Armi, Widya, N., & Rogayah. (2023). *Buku Ajar Metode Penelitian*. In *Cv Science Techno Direct*. Acv Science Techno Direct.
- Wijaya, A. D. (2024). *Jubikops : Jurnal Bimbingan Konseling Dan Psikologi Dampak Rendahnya Self Efficacy Pada Mahasiswa Tingkat Akhir : Sebuah Studi Literatur*. 4(September), 115–126.
- Zainuddin Iba, A. W. (2024). *Metode Penelitian* (Issue July).
- Zakariyati, & Alamsyah. (2022). Efektivitas Edukasi Melalui Media Sosial Whatsapp Terhadap Peningkatan Pengetahuan Penderita Diabetes Melitus Tentang Deteksi Dan Penatalaksanaan Hipoglikemia. *Jurnal Kesehatan*

Delima Pelamonia, 6(1), 66–73.

Zakiudin, A., Irianto, G., Badrujamaluddin, A., Rumahorbo, H., & Susilawati, S. (2022). Validation Of The Diabetes Knowledge Questionnaire (Dkq) With An Indonesian Population. *Kne Medicine*, 2022, 99–108. <https://doi.org/10.18502/Kme.V2i2.11072>

Zou, Y., Zhao, S., Li, G., & Zhang, C. (2022). *The Efficacy And Frequency Of Self-Monitoring Of Blood Glucose In Non-Insulin-Treated T2d Patients : A Systematic Review And Meta-Analysis*. 755–764. <https://doi.org/10.1007/S11606-022-07864-Z>

