FAMILY EMPOWERMENT MODEL IN THE PREVENTION OF TYPE II DIABETES MELLITUS AT KALIPARE, MALANG, EAST JAVA

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ABSTRACT

Background: Diabetes mellitus (DM) is a "lifelong disease". To reduce the risk of complications and prevent the DM, a program for patient and family in managing type II diabetes mellitus (Type 2 DM) is needed. This study aimed to determine the family empowerment model in the prevention of Type 2 DM in Kalipare, Malang, East Java.

Subjects and Method: This was a quasi experiment conducted in Kalipare, Malang, East Java. A sample of 30 household heads with DM was selected for this study and divided into 3 groups: (1) 10 household heads in the empowerment model 1; (2) 10 household heads in the empowerment model 2; and (3) 10 household heads in the control group. The dependent variables were knowledge and family coping. The independent variable (intervention) was model of family empowerment in Type 2 DM prevention. Family coping was measured by Family Coping Index (FCI). The other data were collected by a questionnaire. The data were analyzed by One Way Anova and post-hoc test.

Results: Family empowerment model 2 had the highest score in knowledge (Mean= 59.6; $p= 0.023$) and family coping (Mean= 28.4; $p= 0.041$) of all three study groups and the differences were all statistically significant.

Conclusion: Family empowerment model 2 is effective to improve knowledge and family coping in the prevention of Type 2 DM.

Keywords: family empowerment, model, prevention, diabetes mellitus.

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