FACTORS AFFECTING THE QUALITY OF LIFE IN PATIENTS WITH TYPE 2 DIABETES MELLITUS IN SURAKARTA, CENTRAL JAVA

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ABSTRACT

Background: Previous studies have shown that better glycemic control in type 2 diabetes mellitus (DM) is associated with fewer physical symptoms and better well being. The purpose of this study was to determine factors affecting the quality of life in patients with type 2 diabetes mellitus in Surakarta, Central Java.

Subjects and Method: A cross-sectional study was conducted at Dr. Moewardi hospital, Surakarta, Central Java, from February to March 2020. A sample of 200 patients with type 2 DM aged ≥ 18 years was selected by simple random sampling. The dependent variable was quality of life. The independent variables were self-care, family support, peer support, length of disease, body mass index (BMI), and education. The data were collected by questionnaire and analyzed by a multiple logistic regression run on Stata 13.

Results: Quality of life in type 2 DM patients increased with good self care (OR= 14.34; 95% CI= 1.47 to 140.06; p= 0.022), strong family support (OR= 21.52; 95% CI= 2.98 to 155.44; p=0.002), strong peer support (OR= 31.03; 95% CI= 3.14 to 306.78; p=0.003), length of disease <6 years (OR= 0.05; 95% CI= 0.01 to 0.45; p= 0.007), normal BMI (OR= 0.08; 95% CI= 0.01 to 0.60; p= 0.014), and education $\geq$ Senior high school (OR= 11.76; 95% CI= 2.05 to 67.41; p= 0.006).

Conclusion: Quality of life in type 2 DM patients increases with good self care, strong family support, strong peer support, length of disease <6 years, normal BMI, and education $\geq$ Senior high school.

Keywords: quality of life, type 2 diabetes mellitus

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