

ABSTRACT

Rahmaturrizqi. The Effect of Coping Strategies On The Level Of Depression in Patients with Diabetes Mellitus in the Community Health Center, Lhoksukon North Aceh. Thesis. State Islamic University Of Maulana Malik Ibrahim Malang. 2012. Advisor : Fathul Lubabin Nuqul, M.Si, Psi

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Diabetes mellitus is a chronic disease which causes many life changes that makes people with Diabetes Mellitus showed a negative psychological reactions such anxiety and depression. Not only influenced by the threat of disease, but depression is also influenced by psychosocial factors one of which coping strategies, the lack of proper selection of coping may exacerbate health conditions of people with diabetes mellitus.

Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration. Depression is due to the irrational thinking of the disappointed events. Coping strategies thus expending conscious effort to solve personal and interpersonal problems, and seeking to master, minimize or tolerate [stress](#) or [conflict](#). The term of coping strategies generally refers to adaptive or constructive coping strategies that the strategies reduce stress levels. However, some coping strategies can be considered maladaptive that increase level of stress.

This study aims to determine the effect of coping strategies on the level of depression in patients with diabetes mellitus in the working area Lhoksukon health center. This type of research is non-intervention studies with correlational approach. The research was conducted on patients with diabetes mellitus or both men and women who have been diagnosed with diabetes mellitus. The number of subjects in this study as many as 35 people. The data collected by Beck Depression Inventory (BDI) is composed by Aaron T. Beck and Cope Inventory developed by Charles S. Carver, Scheier, and Jagdish Michel Weintraub. The data were analyzed by using the statistical technique of Pearson product moment correlation, with the help of statistical program SPSS version 15.0 for windows.

The results of the study showed that the correlation values obtained in the coping strategies on the level of depression in patients with diabetes mellitus. Adaptive coping at a correlation value $r = -0.142$ with $p = 0,209$. The results showed there isn't a significant correlation between adaptive coping and depression. Thus, the hypothesis is rejected. While on the maladaptive coping has a positive correlation with levels of depression with a correlation value $r = 0.356$, $p = 0.018$. The results showed a significant correlation between levels of maladaptive coping with depression, in other words the greater the tendency to maladaptive coping, the higher the tendency to depression.

