



**RELATIONSHIP BETWEEN SELF MANAGEMENT AND SELF EFFICACY
TOWARDS QUALITY OF LIFE IN TYPE 2 DIABETES MELLITUS PATIENTS:
SYSTEMATIC REVIEW**

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ABSTRACT

The implementation of self-management for diabetes mellitus patients is influenced by various factors, one of which is a lack of self-confidence (self-efficacy) regarding disease and health resulting in people not behaving in accordance with health values and not having a good quality of life. The aim of writing this systematic review is to determine the relationship between self-management and efficacy on the quality of life in diabetes mellitus patients. The method used is a literature search with systematic review (PRISMA) as the standard for conducting a systematic review. Search articles using several journal databases, namely Google Scholar, Science Direct, and Clinicalkey, spanning a period of 5 years (2020-2024) with the keywords " Self Management " or " Self Efficacy " or "Quality of Life" or "Diabetes Mellitus ". Articles that were ready to be reviewed were 15 articles out of 3,704 articles obtained using PRISMA. The results of a systematic review study show that there is a relationship between self-management and self-efficacy and quality of life in diabetes mellitus patients. It is hoped that diabetes sufferers will regularly exercise confidence in implementing Self Management and Self Efficacy behavior with preventive efforts in the occurrence of diabetes mellitus complications. This must also be influenced by the good quality of life of diabetes mellitus sufferers.

Keywords: quality of life; self-efficacy; self management; type II diabetes mellitus patients

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INTRODUCTION

Unhealthy lifestyles are currently hot topics of conversation, such as consuming junk food, soda, and being lazy about exercising. These habits have become a new trend that cannot be separated from everyday life. This lifestyle change has an impact on changes in disease patterns that occur in society, and this lifestyle occurs in developed and developing countries. This is a fairly serious health problem and must be addressed, if not addressed then there will be metabolic damage in the body, which will result in an increase in the number of cases of diabetes mellitus. Diabetes Mellitus is a type of non-communicable disease (NCD) caused by metabolic disorders characterized by hyperglycemia or blood sugar levels exceeding normal limits which occur due to abnormalities in insulin secretion so that... cannot use insulin effectively (KurniaAgilSaputra,2024). Diabetes mellitus is a chronic disease commonly referred to as "*The Silent Killer*" which cannot be cured and its effects will affect *health related quality of life (HRQOL)* and requires special care in handling diabetes mellitus. (Wahyuni & Ramayani, 2020).

Indonesia is facing a serious problem with the number of diabetes sufferers reaching 19.5 million in 2021, estimated to increase to 28.6 million in 2045 (International Diabetes Federation, 2021). According to Riskesdas in 2018, data collection of Diabetes Mellitus sufferers in the population aged ≥ 15 years was carried out with the result that the prevalence of Diabetes Mellitus in Indonesia based on a doctor's diagnosis at the age of ≥ 15 years was 2%. This figure shows an increase of 1.5%. However, the prevalence of Diabetes Mellitus according to blood sugar examination results increased from 6.9 to 8.5% in 2018. This shows that around 25% of sufferers only found out that they had Diabetes (Kurnia, 2024). According to the Ministry of Health of the Republic of Indonesia, the number of diabetes mellitus sufferers in 2021 was 19.47 million people (Ministry of Health of the Republic of Indonesia, 2022). The East Java Provincial Health Office reported that the number of diabetes mellitus sufferers in East Java Province in 2021 reached 929,535 cases. Of that number, it is estimated that 867,257 sufferers (93.3%) have been diagnosed and received health services (East Java Health Office, 2022).

Diabetes mellitus can attack all organs of the body and cause various complaints called complications. (Lola Despitari, 2023). According to (American Diabetes Association, 2022). Inaccuracy in the treatment and control of behavior in people with diabetes mellitus, especially type 2, can cause microvascular and macrovascular complications. Problems that can arise due to diabetes mellitus include impaired organ function, kidneys, heart, vision problems, nerves, peripheral circulation, and diabetic ulcers (Amry et al., 2024). Because of this, people with Type 2 DM require continuous care to control blood glucose levels in the body so that the quality of life is better, improving the quality of life of course by regulating their own behavior, especially in treating their illness (Firdaus et al., 2020).

The higher the quality of life of diabetes mellitus patients, the better the prevention of diabetes mellitus, but in reality, the decline in the quality of life in diabetes mellitus patients is often followed by the inability of these patients to carry out *self-management* independently (Solikin, 2020). The implementation of *Self-Management* of diabetes mellitus patients is influenced by various factors, one of which is a lack of self-confidence (*Self-efficacy*) (Damayantie et al., 2021). *Self-Efficacy* requires specific goals to achieve the desired results, where individuals believe in their abilities so that they can carry out the tasks given competently and effectively in the quality of life of diabetes mellitus patients (Mega Septia, 2023).

Self-efficacy is one of the important factors defined as the patient's confidence in maintaining and improving their medical condition. (Marbun et al., 2021). *Self-efficacy* is someone who has confidence in their ability to deal with situations and functions in their own environment. *Self-efficacy* is formed and developed with 4 main processes: cognitive, motivational, affective and selection. (Anti & Sulistyanto, 2022). Meanwhile, *Self Management* itself is a treatment that is carried out independently where the patient is able to observe their own needs without depending on the surrounding environment and has an individual role and responsibility in managing their disease (Kisokanth, 2022). Aspects of *self-management* with type 2 diabetes are: 1. Treatment, 2. Diet, 3. Blood sugar monitoring, 4. Exercise. Based on the background above, it can be concluded that the purpose of writing this article is to determine "The relationship between *self-management* and *self-efficacy* on the quality of life in patients with type 2 diabetes mellitus.

METHOD

This article was written using a systematic review method that was conducted by searching for articles in November 2023. The search was conducted in several journal databases such as Science Direct, ClinicalKey, and Google Scholar from 2020-2024. In the search for articles using the keywords " *Self- Management, Self -Efficacy, Quality of Life, Diabetes Mellitus.*" to identify relevant articles. Each article will be filtered based on the title and summary, allowing for the acquisition of as many relevant articles as possible. The initial literature study found 3,704 articles (4,443 from Science direct, 2903 from ClinicalKey, 797 from Google Scholar). After being selected according to the inclusion criteria and removing articles that did not match, 15 articles were obtained to be reviewed. The inclusion criteria applied in this systematic review are 1) Patients with diabetes mellitus, 2) Interventions related to *Self- Management and Self-Efficacy* , 3) Article selection is not limited to methodological aspects, population, or research results. Meanwhile, the exclusion criteria are 1) Research that is not related to *Self- Management, and Self-Efficacy*, 2) Research not conducted on patients with diabetes mellitus, 3) Unpublished sources such as undergraduate theses, dissertations, conference abstracts, and case reports. Articles successfully retrieved from various databases will be assessed based on the PICO framework according to the inclusion and exclusion criteria that have been set. The evaluation involves 1) Article title, 2) Author and year of publication, 3) Research methodology (population, sample, intervention, analysis), 4) Research results.

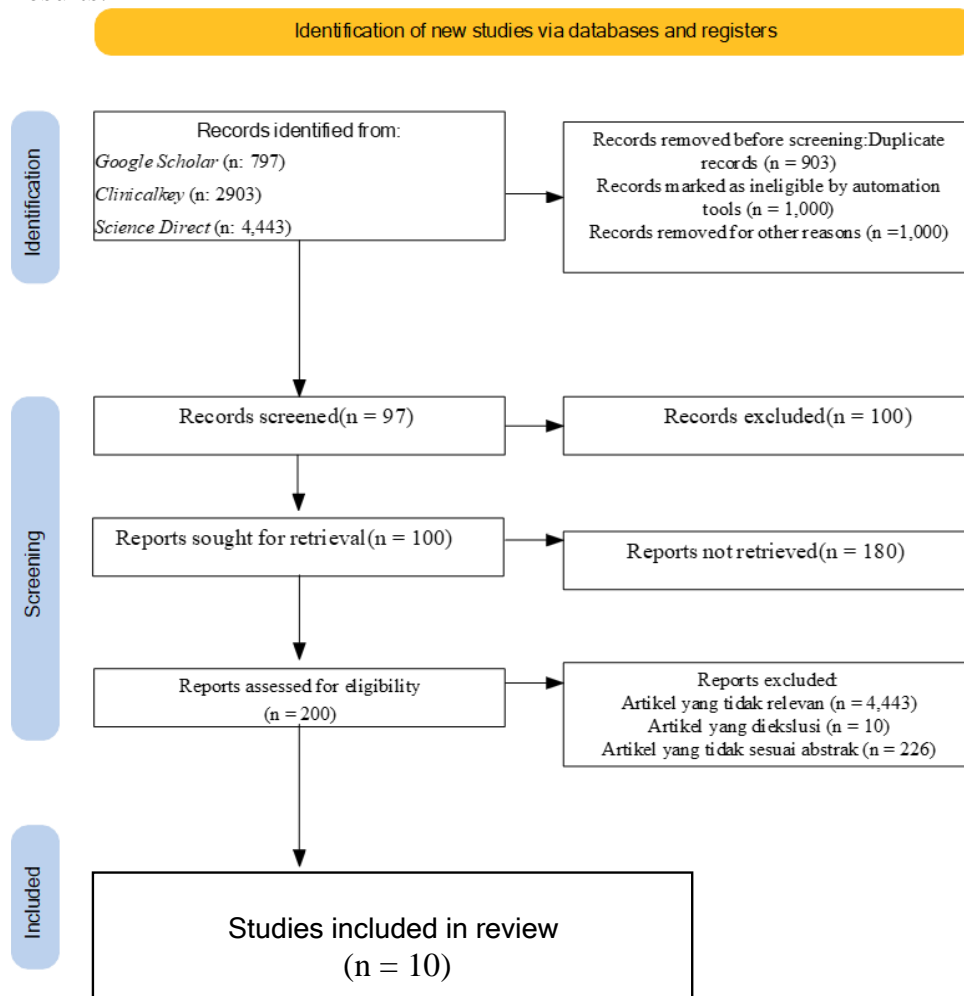


Figure 1. PRISMA diagram

RESULT

Table 1.
Characteristics of Eligible Literature

No.	Article title	Method	Result
1.	<i>Self efficacy relationship and self management with the quality of life of type II diabetes mellitus patients in the Lembursitu Health Center work area, Sukabumi City</i> Writer: Mega Septia Nurbayanti , et al. Article source : ISSN (e): 2963-8690 https://publish.ojs-indonesia.com/index.php/SIKO-NTAN Year article : 2023	Quantitative Descriptive Correlational with cross-sectional approach. The sample was 64 respondents. Variables: diabetes mellitus, self-efficacy, self-management, quality of life Instrument: measured using a Likert scale. Analysis: analyzed using the Chi-Square test. simple random sampling technique, probability sampling type	Based on the results of the chi-square test, the P value was obtained: 0.001 <0.05, which can be concluded that there is a relationship between self-efficacy and the quality of life of type 2 diabetes mellitus patients in the Lembursitu Health Center Work Area, Sukabumi City, and from the results of the Chi-Square test, the P value was obtained: 0.000 <0.05, which can be concluded that there is a relationship between <i>self-management</i> and the quality of life of type 2 diabetes mellitus patients in the Lembursitu Health Center work area, Sukabumi City.
2.	The relationship between <i>self-efficacy</i> and self-care management of type 2 diabetes mellitus patients in the Karanganyar Community Health Center area Writer : Deni Irawan , et al. Article source : Indonesian Journal of Nursing, Volume 6 No 3, Pages 1234-1248, November 2022 e-ISSN2 548-7051 Indonesian National Nurses Association Central Java p-ISSN 2714-6502 Year article : 2022	Research using a cross-sectional approach, Subject : A total of 155 people. The sampling technique for this study used purposive sampling technique. Variables: Diabetes Mellitus, Self Care Management, <i>Self Efficacy</i> Instrument: The data collection tools in this study were the Diabetes Management <i>Self Efficacy Scale (DMSES) self-efficacy questionnaire</i> and the Diabetes <i>Self Management Questionnaire (DMSQ) self-care management questionnaire</i> . Analysis: statistical test using the Spearman rank test .	The results of the statistical test using the Spearman rank test showed a p value of 0.000 (<0.05) which means that there is a significant relationship between <i>self-efficacy and self-care management in diabetes mellitus patients in the Karangayu Health Center supervised area, with a relationship strength of 0.390, which is quite strong, and has a positive correlation direction, which means that if the self-efficacy value is high, it will be followed by increasing the value of self care management.</i>
3.	Family-Based Diabetes <i>Self-Management</i> Education on Self Care and <i>Self Efficacy</i> Author: Dwi Yuniar Ramadhani et al. Article source: Indonesian Journal of Nursing Research Vol 7 No 1 2024 e-ISSN 2615-6407 Year of article : 2024	Pre-experimental with one group pre-post test design. Subject: Population of 30 people, total sampling technique Variable: – Family-Based Diabetes <i>Self Management</i> Education on Self Care and <i>Self Efficacy</i> Instrument: Questionnaires about personal data, Summary of Diabetes Self Care (SDSCA) questionnaire and Diabetes Management <i>Self Efficacy (DMSES) questionnaire</i> . Analysis: The statistical tests used are the paired T-Test for normally distributed data and the Wilcoxon test for non-normally distributed data.	The results of the study showed that there was an influence of Family Based Diabetes <i>Self-Management</i> Education on Self-Care and Self-Efficacy with self-care results (p value = 0.000) and self-efficacy (p value = 0.000). People with diabetes mellitus can maintain good self-care and self-efficacy to avoid complications, and families also play an important role in maintaining stable blood sugar by supporting and facilitating treatment, monitoring blood sugar, nutritional food consumed, and exercise.
4.	The relationship between <i>self-efficacy</i> and quality of life of elderly people with diabetes mellitus in Banda Aceh city Author: Dian Nellisa , et al. Article source: Journal of Nursing Science (2022) 10:1 ISSN: 2338-6371, e-ISSN 2550-018X Year of article : 2022	Quantitative research with descriptive correlative methods. Subjects: a sample of 379 elderly people with diabetes mellitus in Banda Aceh City. Variables: <i>self efficacy</i> , quality of life, diabetes mellitus Instrument: Data collection tools include the Diabetes Management <i>Self Efficacy Scale (DMSES) and WHOQOLBREF questionnaires</i> . Analysis: The research data were analyzed using the Chi-square statistical test.	The results of this study showed good <i>self-efficacy</i> (79.9%) and good quality of life. (96.8%) so that there is a relationship between <i>self-efficacy</i> and the quality of life of the elderly with diabetes mellitus (p-value = 0.000). It is recommended that health workers continue to provide health promotion related to the importance of managing diabetes mellitus treatment, so that it can increase <i>self-efficacy</i> and quality of life and the health of the elderly.

No.	Article title	Method	Result
5.	Article title: <i>Self Efficacy and Self Management of Type II Diabetes Mellitus Patient Self Efficacy and Self Management of Type II Diabetes Mellitus Patients</i> Author: Icca Naryani Pramudaningsih , et al. Article source: P-ISSN 2828-8416 E-ISSN 2829-2197 Vol.2 No.4 December 2023 Year of article : 2023	Descriptive correlational , Subjects: Total sample size: 60 respondents Variables: <i>Self Efficacy , Cell Management , Diabetes Mellitus Type II</i> Instrument: observation or measurement only once at the same time without the need for repeated testing/measurement. Analysis: statistical test using Chi Square test	Statistical test results using the test Chi Square with a p value of 0.001 (<0.05). Which means that there is a relationship between <i>self-efficacy</i> and <i>self-management</i> in type II DM patients. It is expected that the results of this study can motivate nurses to maintain and improve <i>the self-efficacy</i> of type II DM patients and be consistent in implementing self-efficacy. care management to reduce complications in type II DM patients.
6.	Self-Care Management Relationship On Quality of Life in Type 2 DM Patients in Jati Village, Andalas Padang Health Center Working Area Author: Lola Despitadari , et al. Article source: Amanah Health Journal E – ISSN : 2685-4023 Volume 5 No 1 (2023) ojs.stikesamanahpadang.ac.id Year of article : 2023	Design: Analytical survey with cross sectional design. Subjects: The sample of this study was 67 people with diabetes mellitus. Variable: Self-Care Management; Quality of Life; Type 2 Diabetes Mellitus Instrument: sampling by purposive sampling Analysis: analysis using the Chi-square test.	Results : The statistical test results obtained a p value of 0.000 ($p \leq 0.05$), it can be concluded that there is a relationship between self-care management and quality of life in patients with type 2 DM in Jati Village, Andalas Padang Health Center Working Area. It is expected that nursing services will develop health programs related to self-care management to improve the quality of life in patients with type 2 DM.
7.	Self Efficacy Overview in Type 2 Diabetes Mellitus Patients in the Banyuanyar Health Center Work Area Writer : Good health , et al. Article source: Journal of General Health Sciences Vol.2, No.4 October 2024 e-ISSN: 3031-0105; p-ISSN: 3031-0091, Pages 115-123 DOI: https://doi.org/10.61132/vitamian.v2i4.737 Year of article : 2024	Descriptive using quantitative methods. Subjects: a total of 86 respondents with diabetes mellitus. Variables: Instrument: The research instrument used the Diabetes Management <i>Self Efficacy</i> Scale (DMSES). Analysis: univariate analysis was performed with frequency distribution using SPSS,	The results of the study obtained the majority of respondent characteristics based on age 40-64 years of (74.4%), female gender of (65.1%), high school education level of (37.2%), self-employed work of (43.0%), duration of suffering from DM ≥ 5 years of (57.0%) and <i>self-efficacy</i> category of sufficient (41.9%). Conclusion; <i>Self-efficacy of Type 2 Diabetes Mellitus</i> sufferers in the Banyuanyar Health Center work area is in the sufficient category.
8.	The Relationship Between Disease Perception and Quality of Life of Diabetes Mellitus Patients Writer : The Relationship Between Disease Perception and Quality of Life of Diabetes Mellitus Patients Article source : Faculty of Psychology, Airlangga University Year article : 2024	This study uses a quantitative approach with a cross-sectional survey method. Subject : A sample of 47 people with diabetes mellitus was indicated for 5 years. Variables: : diabetes, health, quality of life, disease management, disease perception Instrument: Brief Illness Perception Questionnaire (B-IPQ) This instrument consists of 8 items on an 11-point Likert scale. Analysis: A partial type Pearson's product moment correlation analysis using Jamovi software version 2.2.5	The results of data analysis showed a significant negative correlation between disease perception and quality of life in the physical domain ($r = - 0.402, p < .001$), psychological domain ($r = - 0.512, p < .001$), social relationship domain ($r = - 0.361, p = 0.003$), and environmental domain ($r = - 0.315, p = 0.008$). It can be concluded that the worse the disease perception of diabetics, the lower their quality of life.

No.	Article title	Method	Result
9.	<p>Connection Self Efficacy Towards Life Activities of Diabetes Mellitus Patients Writer : Yudha Prisciano Article source : ISSN: 2654-3540 E-ISSN: 2654-3532 Year article : 2022</p>	<p>Analytical approach cross sectional Subject: sample obtained 69 respondents Variables: Life Activities; Diabetes Mellitus; <i>Self Efficacy</i> Instrument: The measuring instrument used in this study was questionnaire in the form of questions Analysis: Data analysis includes univariate and bivariate using the chi-square test</p>	<p>Based on the results of statistical test analysis, there was an insignificant relationship between self-efficacy and the life activities of diabetes mellitus patients with a value (p value = 0.721) when compared with a = 0.05, then the p value > 0.05. Conclusion: the results indicate that the hypothesis is accepted, thus, it can be concluded that in this study there is no relationship between <i>self-efficacy</i> and the life activities of diabetes patients in the wound care clinic.</p>
10.	<p>The relationship between <i>self-management</i> and quality life in patients with type 2 diabetes mellitus at the internal medicine polyclinic of Rajawali Hospital . Author: Juariah , et al. Article source: Medical-Surgical Journal of Nursing Research Istianah, et.al Vol. 1 No. March 1, 2022 Article year : 2022</p>	<p>Non -experimental, Correlation design uses a cross sectional approach. Subject: sample of 80 respondents Variables: Self Management, Quality of Life, Diabetes Mellitus Type 2 Instrument: Summary of Diabetes Self-Care Activities (SDSCA) and The Diabetes Quality of Life (DQOL) questionnaires by adopting the questionnaire from Hartati.III.RESULTS Analysis: analysis using the Chi-Square statistical test.</p>	<p>The results of the Chi Square test showed a p-value of 0.000 = p-value <0.05. Therefore, Ho was rejected, which means that there is a significant relationship between <i>self-management</i> and quality of life in patients with Type 2 Diabetes Mellitus at the Internal Medicine Polyclinic of Rajawali Hospital. There is a relationship between <i>Self-Management</i> and Quality of Life in patients with Type 2 Diabetes Mellitus at the Internal Medicine Polyclinic of Rajawali Hospital .</p>
11.	<p>The Relationship Between <i>Self Management</i> and Quality of Life of Type II Diabetes Mellitus Patients at PMI Hospital, Bogor City Author: Novi Haris Susilowati , et al. Article source: : Journal of General Health Science Research Volume. 2, No.2 April 2024 e-ISSN: 3026-5800; p-ISSN: 3026-5819, Pages 49-64 DOI: https://doi.org/10.57213/jrikuf.v2i2.228 Article year : 2023</p>	<p>Quantitative research design with correlational descriptive with Cross-Sectional research design. Subject : as many as 4,932 patients. Variables: Diabetes Mellitus, Quality of Life, <i>Self management</i> Instrument: This research instrument uses a <i>self-management questionnaire</i> containing 16 statements regarding <i>self-management</i> of diabetes mellitus with a Likert scale assessment of the DSMQ (Diabetes Self Management Questionnaire) and a <i>self-management questionnaire</i>. Analysis: A data analysis using chi square</p>	<p>The results of measuring the quality of life using the WHOQOL-BREEF quality of life. Data analysis using chi square and obtained Odds Ratio with a number (2.314) with a P value of 0.023 and it can be concluded that there is a relationship between <i>self-management</i> and the quality of life of diabetes mellitus patients with a positive association direction.</p>
12.	<p>The Relationship Between <i>Self Management</i> and Quality of Life of Diabetes Mellitus Patients at Landasan Ulin Health Center Author: Solikin, et al. Article source: Health Dynamics Journal of Midwifery and Nursing Vol 11 No. 1 July 2020 (ISSN: 2086-3454 EISSN: 2549-4058) url: http://ojs.dinamikakesehatan.unis m.ac.id DOI: https://doi.org/10.33859/dksm.v11i1 Year of article : 2020</p>	<p>The type of research used in this study is cross sectional. Subjects: total sample size was 98 participants. Variables: diabetes mellitus, quality of life, self-management, Instrument: The data collection technique used by researchers is using a questionnaire. Analysis: The data analysis used by this researcher is the Spearman Rank test.</p>	<p>The study showed that most <i>self-management</i> was in the sufficient category (48%), while the quality of life was in the sufficient category (57.1%), the results of the bivariate analysis using Spearman rank showed a p value of 0.000 (p <0.05) this shows that there is a relationship between <i>self-management</i> and the quality of life of diabetes mellitus patients at the Landasan Ulin Health Center in 2019. Self-management such as routine blood sugar control, routine medication, diabetes mellitus diet, and physical activity, are very important to prevent complications in diabetes mellitus patients and will improve the quality of life of diabetes mellitus patients</p>

No.	Article title	Method	Result
13.	Coping Mechanisms, Self-Efficacy and Quality of Life Among Patients with Type II Diabetes Mellitus Writer : Dhea Natashia , et al. Article source: Scientific Journal Nursing (Scientific Journal of Nursing), Vol 9, No 5, Year 2023 Year of article : 2023	Descriptive correlational research design with a cross-sectional approach. Subjects: The sample consisted of 80 participants. Variables: Diabetes mellitus, coping mechanisms, self-efficacy, Quality of life Instrument: DMSES, DQOL , and CCI questionnaires. Respondents were given 15 -20 minutes Analysis: Data analysis was performed using the chi-square test and logistic regression.	The majority of respondents were around 45.85 years old, mostly male, mostly employed, and mostly had low education level. In addition, most of them had lived with Type II DM for more than a decade and generally had mild health conditions . Coping mechanisms were associated with quality of life in patients with Type II DM (OR = 3.000, P = 0.03). Coping mechanisms were also associated with self-efficacy in patients with Type II DM (OR = 2.990, P = 0.03). Multivariate analysis showed that coping mechanisms were predictors of quality of life ($\beta = -0.31, P = 0.03$).
14.	The Effect of Diabetes <i>Self-Management</i> Education (DSME) on Improving <i>Self-Management</i> and Quality of Life in Millitus Type 2 Diabetes Author: Reza Diko Utama , et al. Article source: Journal for Quality in Public Health ISSN: 2614-4913 (Print), 2614-4921 (Online) Vol. 4, no. 2, May 2021, pp: 31-37 DOI: 10.30994/jqph.v4i2.176 Website: http://strada.ac.id/jqph Email: jqph@strada.ac.id 31 The Effect of Di Year of article : 2021	True-Experiment with Pre-Test and Post-Test design. Subjects: Subjects were divided into two, namely a control group consisting of 55 people and an intervention group consisting of 55 people using simple random sampling techniques. Variables: Education, Self-Management, Quality of Life , diabetes mellitus. Instrument: The research instruments were DSMQ and WHOQOL. Analysis: Data analysis using Wilcoxon and Maan-Whitney.	Comparison of quality of life variables of the intervention group and the intervention group control obtained a significance value of 0.000 which is less than 0.05 ($p < 0.05$) which shows that the group given the intervention more effective in significantly improving the quality of life compared to the group that was not given intervention.
15.	The relationship between <i>self-efficacy</i> and <i>self-care management</i> with the quality of life of patients with diabetes mellitus Author: Widya Galih Puspita , et al. Article source: https://doi.org/10.26553/jikm.2024.15.2.258 - article information the relationship between self-efficacy and self-care abstract 258 July 2024 Year of article : 2024	This study uses a cross-sectional approach. Subject : The sample consisted of 180 respondents. Variables: Instrument: measured using the DMSES and DSMQ instruments. Analysis: has been tested for validity and reliability using construct validity test and internal consistency test. analyzed using logistic regression	There is a relationship between self-efficacy (p -value = 0.003) with OR (95% CI) = 7.108 (1.981 – 25.510) and self-care management (p -value 0.024) with OR (95% CI) = 3.703 (1.190 – 11.525) with the quality of life of DM patients. This study recommends that structural education programs and increased social support improve self-efficacy and self-care management to have a positive impact on quality of life. life of DM patients.

DISCUSSION

Diabetes mellitus occurs due to impaired insulin function which is seen from increased blood glucose levels in the body. This disease can reduce a person's quality of life due to complications, and can even cause death (Marasabessy, Nasela, & Abidin, 2020). Someone who has self-confidence will have healthy coping and be motivated to make behavioral changes to achieve their goals (Lukitasari, Sri, & Suksi, 2021). The theory of reasoned action states that the decision-making process and the reasons for an action are influenced by attitude, it can also be said that the interest in doing something is influenced by one's own attitude (Manuntung, 2020). One of the factors that influences the self-efficacy of diabetes mellitus patients is motivation because high motivation can increase self-efficacy in self-care management (Basri et al, 2021).

Self-management is a complex activity including the ability to control a condition and the effects of cognitive, behavioral, and emotional responses in maintaining quality of life needs (Zuqni & Bahri, 2019). This study is in line with research conducted by Lukitasari, Sri, & Suksi, (2021) showing a significant relationship between self-motivation and *self-management* of diabetes mellitus patients. Research by (Prastyo, 2021). Shows the results that there is a relationship between *self-management* and the quality of life of diabetes mellitus sufferers in the Baki Health Center work area with a p value of 0.000 or p value <0.05, and the correlation coefficient value is 0.479. And these results are also in accordance with research conducted by (Nurhayati, 2022) where there is a relationship between *self-management* and the quality of life of diabetes mellitus patients with a p value of 0.000 or p value <0.05. Results of research analysis (Solikin & Heriyadi, 2020)

Researcher By (Mega Septia Nurbayanti, 2023) Shows the results that "The Relationship between *Self Efficacy* and *Self Management* with the Quality of Life of Type 2 Diabetes Mellitus Patients in the Work Area of the Lembursitu Health Center, Sukabumi City" *Self-efficacy* has a significant relationship (p value = 0.001) with the quality of life of Type 2 Diabetes Mellitus patients in the Work Area of the Lembursitu Health Center, Sukabumi City. *Self-management* has a significant relationship (p value = 0.000) with the quality of life of Type 2 Diabetes Mellitus patients in the Work Area of the Lembursitu Health Center, Sukabumi City. Researcher By (Lola Despitari, 2023) Based on the researcher's analysis of the results that more than half (56.7%) of type 2 DM patients have poor *self-management*, namely they are less regular in implementing *self-management*. Management of type 2 DM such as not regularly following the recommended rules for taking medication, not regularly checking blood sugar levels and not regularly caring for feet such as checking the condition of the feet, checking the inside of shoes, and drying feet when they are wet.

Researcher By (Deni Irawan, 2022).M shows that the p value is 0.000 (<0.05) which means that there is a significant relationship between *self-efficacy* and self-management in diabetes mellitus sufferers in the Karangayu Health Center supervised area, with a relationship strength of 0.390, which is quite strong, and has a positive correlation direction, which means that if high *self-efficacy* value will be followed by an increase in *self-management value*. Researcher By (Dian Nellisa, 2022). Shows that there is a significant relationship between *self-efficacy* and quality of life (p value = 0.000). The significant relationship between *self-efficacy* and quality of life illustrates that *self-efficacy* is an important aspect in managing diabetes mellitus which can improve the quality of life with diabetes mellitus. This also explains that if *self-efficacy* with diabetes mellitus is good, the quality of life will be good too.

Diabetes mellitus patients who undergo daily treatment often experience major obstacles, namely boredom in patients who undergo lifelong treatment, so that Diabetes mellitus patients often experience decreased *Self-Efficacy* due to this condition (Deni et al., 2023). Factors that influence self-efficacy include culture, gender, the nature of the task at hand, external incentives, the status or role of the individual in the environment, and information about one's own abilities (Deni Irawan, 2022). The impact of self-efficacy on DM patients can be seen from changes in behavior by influencing how a person thinks, motivates themselves, and acts in carrying out independent care. This is supported by research by Basri et al, (2021) which states that increasing Self-Efficacy and patient motivation will affect Self-Management compliance for people with Diabetes Mellitus. According to researchers, someone who has self-confidence will have healthy coping and be motivated to make behavioral changes to improve the quality of life to achieve their goals. By implementing good *Self Efficacy beliefs* and trying to do good Self Management, this can change the Quality of Life for patients with

diabetes mellitus, the application of *Self-management* of diabetes mellitus with actions in controlling diabetes mellitus, carrying out routine treatment, routine blood sugar control, diabetes mellitus diet and carrying out activities such as exercise, then the quality of life of diabetes mellitus patients will increase. Self-management that is carried out consistently can control blood sugar level instability, minimize complications and improve the quality of life of sufferers.

CONCLUSION

Based on the collection of literature studies that have been conducted, it can be concluded that *systematic review* is a series of methods used to identify, evaluate and interpret research evidence in order to answer certain research problems. There are 3,704 articles then filtered so that they are selected into 15 articles that meet the criteria. It can be concluded that from several articles that have been reviewed, the results show that there is a significant relationship between Self Efficacy and *Self Management* in improving the Quality of Life for patients with diabetes mellitus. Someone who has strong *self efficacy* and self management will be able to achieve achievements and solve problems and obstacles in various ways in diabetes mellitus. Therefore, the author is interested in writing this *systematic review article* .

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