

## **ABSTRACT**

### **A QUALITATIVE STUDY COPING STRATEGIES OF PATIENTS WITH TYPE 2 DIABETES MELLITUS IN CLINICAL MEDICINE CLINIC OF DKT HOSPITAL BANDAR LAMPUNG**

By

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**Background:** Diabetes mellitus (DM) is a group of metabolic diseases characterized by hyperglycemia resulting from defects in insulin secretion, insulin action, or both. Patients with DM are required to implement a complex management disease such as nutritional therapy, physical exercise, glucose controlling, and pharmacological therapy. DM can cause complications and symptoms that interferes activities. The implications of DM be a stressor that cause stress. Stressor can be controlled by coping mechanism. This aims study to explore coping strategies of patients with type 2 diabetes mellitus in internal medicine clinic of DKT Hospital Bandar Lampung.

**Methods:** This study used qualitative method with phenomenological approach. The informan were patients with type 2 diabetes mellitus who visited Internal Medicine Clinic of DKT Hospital Bandar Lampung. The technique of collecting data using primary data by conducting in-depth interviews. Data analysis method used is the analysis of content.

**Results:** There are various coping strategies those are problem-focused coping, emotion-focused coping, and problem-emotion-focused coping. Types of coping divided in to positive and negative coping.

**Conclusions:** Coping strategies are vary in each patients. Factors affecting coping strategies are internal motivation and social support.

**Keywords:** coping, diabetes mellitus