

# **HUBUNGAN ANTARA PENGURUSAN TINGKAH LAKU KENDIRI DENGAN LITERASI KESIHATAN DALAM KALANGAN PESAKIT DIABETIS DI HOSPITAL MELAKA**

## **ABSTRACT**

Self-Management Behaviour with Health Literacy plays a very important role in health management for patients with Diabetes. The main objective of this study was to investigate the association between Self-Management Behaviour and Health Literacy among Diabetic Patients in Hospital Melaka. The study was conducted on 211 patients with Type II Diabetes who attended for their appointment at Department of Medicine in Hospital Melaka. The Summary of Diabetes Self-Care Activities (SDSCA) which included the basic components for Self-Management Behaviour activities such as diet, exercise, blood sugar monitoring, foot care and medications were used to identify the level of Self-Management Behaviour and Newest Vital Sign (NVS) was used to measure the level of Health Literacy. Pearson Correlation was applied in order to measure the association between two variables. The analysis showed a weak negative correlation between Diet Care and Health Literacy ( $r = -.288$ ), while the correlation between exercise and health literacy showed a strong positive correlation ( $r = .611$ ). Blood Test Screening and Health Literacy had a negative and weak correlation ( $r = -.272$ ). Foot Care with Health Literacy also had a strong positive correlation ( $r = .523$ ). However, there was no correlation ( $r = -.017$ ) between Self-Management Behaviour with Health Literacy as a whole. Although the study showed no correlation between the Self-Management Behaviour and Health Literacy, both were known as fundamental components of the Diabetes-Care. Effective self-management and be systematic in any forms of self-care helps to prevent complications and other chronic diseases. Diabetes patients need to enhance and strengthen their skills in interpreting and understanding health informations as it will improve the quality of life in long term.