

## The Impact of Participation in Community Support Groups on the Psychological Well-Being of Type II Diabetes Patients

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**ABSTRACT.** Psychological well-being is one of the most important aspects in improving the quality of life of individuals, especially for people with chronic diseases such as Type II Diabetes Mellitus. People with diabetes often face various challenges, both physically and psychologically, which can have an impact on their quality of life. The purpose of this study was to determine the effect of Community Support Groups (CSG) on psychological well-being. The design of this study was a pre-experiment with a pretest-posttest approach. The sample of this study was patients with Type II Diabetes Mellitus using purposive sampling obtained 19 respondents. Data collection using a questionnaire sheet and analyzed using the Paired T-Test. The results of the study before the intervention were given, most (52.64%) respondents had psychological well-being with a score range of 42-84. After being given the intervention, almost most respondents (52.64%) had psychological well-being with a score range of 85-126. The results of the analysis showed that there was an effect of CSG on psychological well-being ( $p$ -value = 0.000). The implementation of CSG intervention effectively provides a place for individuals who are members to provide social support to each other, share experiences and feel accepted in the group can reduce stress, increase self-control, and strengthen life expectancy. So it is hoped that CSG can be an effective strategy to improve the psychological well-being of individuals with chronic diseases.

#### Kata kunci:

Community, Diabetes Mellitus, Kesejahteraan, Psikologis, Support Groups

**ABSTRAK.** Kesejahteraan psikologis merupakan salah satu aspek yang sangat penting dalam meningkatkan kualitas hidup individu, terutama bagi penderita penyakit kronis seperti Diabetes Mellitus Tipe II. Penderita diabetes seringkali menghadapi berbagai tantangan, baik dari segi fisik maupun psikologis, yang dapat berdampak pada kualitas hidup mereka. Tujuan penelitian ini untuk mengetahui pengaruh Community Support Groups (CSG) terhadap kesejahteraan psikologis. Desain penelitian ini adalah pra-eksperimen dengan pendekatan pretest-posttest. Sampel penelitian ini adalah penderita Diabetes Mellitus tipe II menggunakan purposive sampling didapatkan 19 responden. Pengumpulan data menggunakan lembar kuesioner dan dianalisis dengan uji Paired T-Test. Hasil penelitian sebelum diberikan intervensi sebagian besar (52.64%) responden memiliki kesejahteraan psikologis dengan rentang nilai skor 42-84. Setelah diberikan intervensi hampir sebagian besar responden (52.64%) memiliki kesejahteraan psikologis dengan rentang nilai skor 85-126. Hasil analisis didapatkan adanya pengaruh CSG terhadap kesejahteraan psikologis ( $p$ -value = 0.000). Penerapan Intervensi CSG efektif memberikan tempat bagi individu yang tergabung untuk saling memberikan dukungan sosial, berbagi pengalaman dan rasa diterima dalam group dapat mengurangi stress, meningkatkan kontrol diri, serta memperkuat harapan hidup. Sehingga diharapkan CSG dapat menjadi strategi efektif untuk meningkatkan kesejahteraan psikologis individu dengan penyakit kronis.

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## INTRODUCTION

Type II Diabetes Mellitus (T2DM) is one of the chronic diseases that is growing rapidly throughout the world, including in Indonesia. Based on data from the International Diabetes Federation (IDF), the number of diabetes sufferers in Indonesia is estimated to reach more than 10 million people in 2021 (IDF, 2021). Type II Diabetes not only affects the physical condition of sufferers, but can also have an impact on their psychological aspects. People with diabetes often experience higher levels of anxiety, depression, and stress compared to the general population (Wu, LC, Lai, CY, Huang, CJ, Chou, FHC, Yu, ET, & Yu, C. Y, 2020). This can be caused by various factors, such as the need to manage the disease in the long term, the influence of complications, and the necessary lifestyle changes.

The prevalence of diabetes mellitus sufferers in East Java Province is in the top 10, ranking ninth. Data taken from the East Java Provincial Health Office in 2022 showed that the number of diabetes mellitus sufferers reached 863,686 sufferers. Based on data taken from the Kediri City BPS from 2017-2019, the number of diabetes mellitus sufferers continued to increase from 6,464 to 9,435 sufferers. After interviewing 5 people as a preliminary study at the research location, 3 of them said they were worried about complications from their illness, 2 of them said they had accepted the reality and were trying to live their lives as well as possible with diabetes.

Psychological well-being, which includes mental and emotional health, is very important in managing chronic diseases. People with diabetes who have good psychological well-being tend to be better able to manage their disease, adhere to treatment more diligently, and have a better quality of life (Al-Dwaikat, TN, Rababah, JA, Al-Hammouri, MM, & Chlebowy, D. O, 2021). However, many people with diabetes feel isolated or have difficulty coping with the emotional and mental burdens that arise from their disease (Nuari, NA, Rahman, HF, & Wahid, A. H, 2023).

One approach that has been proven effective in improving the psychological well-being of people with chronic diseases is through Community Support Groups (CSG). CSG is a group consisting of individuals who experience similar problems and can provide social support, share experiences, and provide a sense of acceptance in the group (Ramkisson, S., Pillay, BJ, & Sibanda, W, 2017). Participation in this group can reduce anxiety and stress, increase self-control, and strengthen life expectancy in people with diabetes (Song, Y., Nam, S., Park, S., Shin, IS, & Ku, B. J, 2017). Based on previous research, there is evidence that social support from peer groups can improve the emotional and psychological well-being of people with diabetes. Research conducted by Song, Y., Nam, S., Park, S., Shin, IS, & Ku, BJ (2017) showed that people with diabetes who participated in CSG experienced reduced levels of depression and improved quality of life.

In the study of Ramkisson, S., Pillay, BJ, & Sibanda, W. (2017) also found that CSG intervention can help people with diabetes cope with stress, increase self-confidence, and facilitate feelings of being more connected to others who have similar experiences. The importance of this study lies in the ability of CSG to provide emotional support that can improve the quality of life of people with diabetes. With increasing participation in CSG, it is hoped that an intervention model can be created that can be widely applied to people with other chronic diseases. The results of this study can provide insight for health practitioners in designing effective social support-based intervention programs. Therefore, this study aims to

determine the impact of participation in Community Support Groups on the psychological well-being of people with Type II Diabetes Mellitus.

## RESEARCH METHOD

This study uses a Pre Experiment Design with pretest-posttest without control research design where this study does not use a control variable with a One Group Pretest-Posttest Design research design. This study was conducted on November 1-15, 2024. The population in this study were Diabetes Mellitus sufferers in Village X, Kediri Regency with a purposive sampling technique and 19 samples were obtained. The research instrument used a PWBS (Psychological Well-Being Scale) questionnaire sheet to describe the level of psychological well-being of respondents, a scale of 42-84 (low), 85-126 (moderate), 127-168 (high). The measuring instrument uses the Community Support Groups (CSG) SOP. The frequency of research interventions is given 4 times in 2 weeks with a duration of 60 minutes each session. Data processing is carried out using a computerized system with data processing steps including editing, coding, scoring, tabulating and data analysis. Data analysis in this study used the Paired T-Test and has been ethically approved by the STIKES Karya Husada Kediri Health Research Committee with the number 0447/ECL/LPPM/STIKES/KH/X/2024.

## RESULTS

**Table 1. Distribution of Respondent Characteristics**

Respondent Characteristics	Frequency	Percentage (%)
<b>Gender</b>		
Woman	19	100
Man	0	0
Total	19	100.0
<b>Age</b>		
35-40 years	6	31.57
41-50 years	13	68.43
Total	19	100.0
<b>Education</b>		
No school	0	0
SD	5	26.31
Junior High School	11	57.89
High School	3	15.8
College	0	0
Total	19	100.0
<b>Work</b>		
Doesn't work	7	36.85
Farmer	5	26.31
Self-employed/trader	5	26.31
Etc	2	10.53
Total	19	100.0
<b>Long time suffering from DM</b>		

<5 years	5	26.31
5-10 years	13	68.43
>10 years	1	5.26
Total	19	100.0
<b>Complications</b>		
No Complications	19	100
There are complications	0	0
Total	19	100.0

Based on the results of the study on the characteristics of the respondents, it shows that all (100%) respondents are female. Most (68.43%) respondents are aged between 41-50 years and most (57.89%) respondents have a last education of junior high school. Almost half (36.85%) of respondents are unemployed and most (68.43%) respondents have suffered from diabetes for 5-10 years and all (100%) respondents do not experience complications.

**Table 2. The Impact of Participation in Community Support Groups on the Psychological Well-Being of Type II Diabetes Patients**

Score	Pre-test		Post-test	
	F	%	F	%
42-84 (Low)	10	52.64	0	0
85-126 (Medium)	9	47.36	10	52.64
127-168 (High)	0	0	9	47.36
Total	19	100.0	19	100.0
<b>Paired T-Test</b>		<b><i>p value = 0.000</i> <math>\alpha = 0.05</math></b>		
		<b>Mean pre-test 90.47</b>		<b>Mean post-test 118.05</b>

Based on the results of the Paired T-Test, the data obtained sig p value = 0.000 with sig  $\alpha = 0.05$  so that the p value  $\leq \alpha$  which indicates that H1 is accepted, meaning that there is an Effect of Community Support Groups (CSG) Intervention on Psychological well-being in Type II Diabetes Mellitus Patients.

## DISCUSSION

Based on the general characteristics data, the study shows that all (100%) of the respondents were female, most of whom (68.43%) were aged 41-50 years. According to Nugrahaeni (2020), middle-aged women are more susceptible to diabetes mellitus. This can occur due to several factors, namely hormonal factors such as decreased estrogen, a tendency to be overweight and metabolic syndrome and lifestyle. In addition, diabetes mellitus can also be caused by genetic factors that have a family history of diabetes (Nuari, NA, Rahman, HF, & Wahid, A. H, 2022).

Most (57.86%) have a junior high school education. Education is one of the factors that increases or influences an individual's level of knowledge, the higher the individual's level of education, the better the process of understanding in obtaining information. With higher education, individuals find it easier to dig up information from various sources and are not easily influenced by hoax news (Ambarwati & Nuzulina, 2023). Sufficient education can make it easier for individuals to accept and find out about problems that occur, both as a form of prevention or as an effort to heal (Nuari, N. A, 2017).

Psychological well-being is an important aspect that needs to be developed by individuals in order to fully actualize themselves in facing challenges (Seprian, D., Hidayah, N., & Masmuri, M, 2023). Ryff divides psychological well-being into six dimensions, namely autonomy, positive relationships with others, environmental mastery, self-improvement, life goals and self-acceptance. The autonomy dimension is the level of a person's ability to determine their life, be it freedom, internal control. This is the basis of self-confidence that thoughts and behaviors come from themselves without any control or influence from others. Individuals who have less autonomy are characterized by relying on other people's judgments to make important decisions, paying attention to evaluations from others, following social pressure to think and act in a certain way and so on (Syaiful, IA, & Putri, N. 2019) in this dimension the overall lowest score of respondents was in statements number 13 and 31 with a total value of 26 where most (73.68%) respondents were still hesitant to share their experiences because they were afraid of being judged by others and were afraid to voice their opinions regarding sensitive matters.

In this dimension of positive relationships with others, it means the individual's ability to establish good relationships with others. Individuals who are not good at establishing positive relationships with others tend to show a closed attitude in interacting, tend to be silent, not open (Aprilia, 2022). In this dimension, the lowest score is in statements number 10 and 16 with a value of 34, where almost all (84.22%) of respondents agree that maintaining relationships with others is difficult and many respondents feel lonely because they only have a few friends to share stories and life experiences.

Environmental mastery in psychological well-being refers to an individual's ability to organize and manage their surrounding environment, take advantage of existing opportunities, and create and control the environment according to personal needs. Individuals with good psychological well-being in this dimension have the ability to choose and create an environment that suits their physical condition. Conversely, individuals who have low environmental mastery will face difficulties in managing everyday situations, feel unable to change or improve the quality of their environment, and have difficulty in taking advantage of opportunities in their surrounding environment (Aprilia, 2022). In this dimension, the lowest score is in statement number 8 with a score of 31 where the majority (73.68%) of respondents feel that the demands of everyday life are often stressful.

Self-improvement is the ability of individuals to continuously develop their potential. This focuses on the individual's ability to continue to develop and explore the potential that exists within themselves to continuously develop in an effort to improve all aspects within themselves (Aprilia, 2022). In this dimension, the lowest score is in statement number 15 with a score of 32, where almost all (89.47%) respondents agree with the statement that in the past few years they were not very good at managing diabetes mellitus.

This dimension of life purpose includes the individual's belief that his life has purpose and meaning. According to Ryff & Singer in (Aprilia, 2022) life purpose means that the individual has a clear understanding of his life purpose, feels the meaning of life experiences both those that have occurred and those that are being lived. Individuals who have a high level of life purpose are those who have a clear direction and purpose in life, feel the meaning of life and a clear direction. In this dimension, the lowest score is in statement number 41 with a score of 27 where almost all (97.43%) respondents feel as if they have done everything in life.

The dimension of self-acceptance is the most important thing in mental health and is a characteristic of self-actualization and maturity. Self-acceptance does not only include acceptance of positive aspects or advantages of oneself but also accepting the shortcomings that exist within oneself. Self-acceptance also means that individuals are able to provide a positive evaluation of themselves and what has happened in the past and present. Individuals who always have a positive view of themselves tend to have good self-acceptance, so they feel happy with themselves and do not want to be someone else. While individuals who do not have good self-acceptance are indicated by feelings of dissatisfaction with themselves, disappointment with what has happened in the past, feeling that there is something different about themselves and others. In this dimension, the statement with the lowest value is statement number 36 with a total score of 29 where almost all (94.74%) of respondents feel that because of diabetes mellitus they view themselves not as positively as others.

Based on the exposure of psychological well-being questionnaire data on the dimensions of improving self-quality, life goals and self-acceptance have the highest percentages indicating challenges faced by respondents. This high percentage reflects that these challenges need further attention both in intervention and support from the group. InterventionCommunity Support Groups (CSG)expected to improve psychological well-being or individual psychological well-being through social support, reinforcement of positive behavior and development of emotional skills aimed at improving individual psychological, physical and social well-being. Based on the results of the data obtained, it shows that the pre-test results before being given the Community Support Groups (CSG) intervention, most (52.64%) respondents obtained scores in the range of 42-84. While after being given the intervention, most (52.64%) obtained scores in the range of 85-126.

The results of the analysis of research data on the influence of Community Support Groups (CSG) on psychological well-being in patients with type II diabetes mellitus with paired t-test statistical tests were obtained with a p value = 0.000  $\alpha$  = 0.05 with a mean pre-test of 1.47 and post-test of 2.47. This shows that there is an Influence of Community Support Groups (CSG) on Psychological well-being in Type II Diabetes Mellitus Patients. In this study, the Community Support Groups (CSG) intervention was given 4 times in 2 weeks. Starting with an explanation of the Community Support Groups (CSG) procedure and a pre-test where respondents were given a questionnaire to measure psychological well-being. At the first meeting, respondents were given the opportunity to understand their problems by discussing various feelings, anxieties, and challenges they experienced related to diabetes management, including uncertainty, treatment fatigue, or feelings of isolation. The last meeting, at the fourth meeting, respondents will take action to solve the problem, implementing the steps that have been agreed upon previously. Through this intervention, respondents not only gain emotional support but also skills to manage diabetes distress, which can improve psychological well-being and overall quality of life. So that most respondents (52.64%) have moderate psychological well-being with a score of 85-126 and almost half of respondents (47.36%) have high psychological well-being with a score of 127-168.

The role of social support and emotional regulation on the psychological well-being of caregivers with chronic illnesses shows that social support contributes significantly to psychological well-being, helps reduce stress and improves the quality of life of caregivers with chronic illnesses. Meanwhile, research conducted by Arisandy (2024) which examined group activity therapy in patients with chronic low self-esteem showed that group activity therapy can increase patient self-confidence. Group therapy provides a space for individuals

to share experiences and support each other which contributes to improving psychological well-being.

Community Support Groups (CSG) intervention has a significant impact on psychological well-being. In this study, social support obtained through Community Support Groups (CSG) intervention can help individuals overcome stress and anxiety. Interaction with fellow members who have the same problem makes individuals feel accepted and understood which can increase self-confidence and reduce social isolation. By sharing experiences, challenges and solutions, individuals can be more confident in managing Diabetes Mellitus. In addition, discussions in Community Support Groups (CSG) can provide new insights on how to manage physical conditions that can reduce worries about diabetes complications. So this intervention can contribute to improving mental and emotional health, creating optimism, control over one's condition and can improve quality of life.

## CONCLUSION

According to the study's findings, community support groups (CSG) have an impact on type II diabetes patients' psychological wellbeing. The six components of psychological well-being are self-acceptance, self-improvement, environmental mastery, autonomy, and positive interpersonal relationships. Diabetes patients' quality of life may be enhanced by the emotional support that CSG intervention offers. It is anticipated that growing CSG involvement would produce an intervention model that may be broadly used with patients who have different chronic illnesses. The findings of this study can help create social support-based intervention on type II Diabetes Mellitus patient's psychological wellbeing and can improve quality of life type II Diabetes Mellitus.

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