

Spiritual Intelligence Improves Self-Awareness of Diabetes Mellitus Patients

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Abstract. Diabetes Mellitus (DM) that is not managed properly can cause various complications, including increased blood glucose levels, so good self-management is needed through increasing self-awareness. The aim of this research is to determine the relationship between spiritual intelligence and self-awareness of DM patients at Labuang Baji Hospital and Pelamonia Hospital Makassar. This research uses a correlation analytical method with a cross-sectional study design. Samples were taken using consecutive samplings from 100 DM patients. The research instrument uses a valid and reliable questionnaire sheet. The data analysis used was the Chi-square test with a significance level of 0.05. The research results showed that spiritual intelligence was in the good category of 95%, good self-awareness was 87%, and there was a relationship between spiritual intelligence and self-awareness of DM patients (p value = 0.015). The conclusion of this research is that the better spiritual intelligence, the better the self-awareness of DM patients.

Keywords: Diabetes mellitus, Self-awareness, Spiritual intelligence