

## **LITERATURE REVIEW: PEER GROUP SUPPORT FOR SELF-CARE MANAGEMENT OF PEOPLE WITH DIABETES MELLITUS**

AURORA RIZKY, ELLYZABETH AYUWULANDARI, LIDIA CHANDRA, ALICE PANGEMANAN, RENOVA SIBUEA

PELITA HARAPAN UNIVERSITY, TANGERANG, Indonesia

### **Abstract**

Diabetes mellitus is a chronic disease that can cause other complications if not managed properly. What can be done to reduce the risk of complications is to implement self-care management. To improve self-care management behavior, a strategy is needed, one of which is the provision of effective interventions to improve self-care management behavior, namely peer group support. This study aimed to determine peer group support interventions in people with diabetes mellitus in self-care management. A literature review using thematic analysis method: a simple approach. Search data sources through PubMed, Ebsco, ProQuest, and Google Scholar databases. Articles were analyzed using a Joanna Briggs Institute quasi-experimental study checklist and randomized controlled trials. Articles with journal inclusion criteria published in 2012-2022, primary sources, with a population of people with diabetes mellitus, there is an influence of peer group support on the implementation of self-care management, there is a peer group support strategy, Indonesian and English. The keywords used were boolean "AND" and "OR". There were 1089 articles identified and published from 2012-2022. Nine articles were found that met the inclusion and exclusion criteria. Providing peer group support interventions is effective in improving self-care management of people with diabetes mellitus.

Keywords: peer group support, diabetes mellitus, self-care management