

Literature Review: The Relationship Between Self-efficacy and Self-care in Patients with Type II Diabetes Mellitus

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Article Info	Abstract
Article History Submitted, 2026-05-13 Accepted, 2026-06-24 Published, 2026-06-30	Diabetes mellitus is a chronic disease that requires continuous management through optimal self-care behaviors. Successful self-care is influenced by various factors, one of which is self-efficacy, which is an individual's belief in their ability to manage their disease and take necessary actions. Self-efficacy plays a crucial role in increasing patient motivation, compliance, and consistency in activities such as diet management, physical activity, blood glucose monitoring, and adherence to medication. Therefore, studying the relationship between self-efficacy and self-care is crucial in efforts to improve the quality of diabetes mellitus management. This literature review aims to analyze the relationship between self-efficacy and self-care in diabetes mellitus patients based on the results of a literature review of various recent studies. This literature review employed a literature review method. A systematic search was conducted using a computer search using the Google Scholar database for articles published between 2021 and 2025. Only articles with a quantitative design and full text were included in this analysis. Key data were searched using the PICO (Population Intervention Compare Outcome) technique. The analysis was conducted by comparing research results and identifying consistent findings related to the relationship between the two variables. Result f this study was based on 20 articles reviewed, eight matched the topic of this literature review. All eight articles analyzed demonstrated a significant relationship between self-efficacy and self-care in patients with diabetes mellitus. Reported significance values ranged from p=0.000 to p=0.017, indicating a statistically significant relationship. Furthermore, several studies have found that self-efficacy is associated with glycemic control and patient well-being, reflecting successful self-care practices. One study even reported a correlation coefficient of r=0.693, indicating a strong and positive relationship between the two variables. This finding indicates that the higher a patient's self-efficacy, the better their self-care skills. Conclusion of this study was self-efficacy plays a significant role as a predictor in improving self-care behavior in patients with diabetes mellitus. Therefore, interventions that focus on increasing self-efficacy, such as health education, social support, and counseling, are needed to improve patient compliance in carrying out self-care and achieving optimal clinical outcomes.
Keywords: Self-efficacy. Self-care, type II diabetes mellitus	

Introduction

Diabetes mellitus is a non-communicable disease that has become a major global health concern. This condition is characterized by impaired glucose metabolism resulting from the body's inability to produce or effectively utilize insulin. Diabetes mellitus, particularly type 2, is closely associated with modern lifestyles, such as unhealthy dietary patterns and a lack of

physical activity. These factors lead to an increased risk of serious complications, necessitating comprehensive and sustainable management to prevent long-term impacts (Zhou et al., 2024).

Globally, the prevalence of diabetes mellitus continues to experience a significant increase. Recent data indicates that the number of people living with diabetes worldwide surpassed 800 million in 2022, with prevalence rising from approximately 7% to 14% since 1990. This surge has occurred primarily in low- and middle-income countries, which also face limitations in access to healthcare services. This trend demonstrates that diabetes mellitus has become a global health crisis that requires serious attention (WHO, 2024).

In Indonesia, the prevalence of diabetes mellitus also shows a significant upward trend. Data indicates that the prevalence of diabetes among the population aged 20–79 years reached approximately 11.3% in 2024, a sharp increase compared to previous years. This condition demonstrates that Indonesia is facing a double burden of disease, where non-communicable diseases such as diabetes continue to rise alongside shifts in societal lifestyles. Consequently, diabetes control efforts have become a priority in national health development (Nuridzin et al., 2024).

The management of diabetes mellitus does not only focus on pharmacological therapy but also relies heavily on the patient's ability to perform self-care. Self-care encompasses dietary regulation, physical activity, blood glucose monitoring, and medication adherence. Effective self-care behavior has been proven to reduce the risk of complications and improve the patient's quality of life. However, many patients are still unable to perform self-care optimally; therefore, an approach that can enhance patient engagement in disease management is required (Genitsaridi et al., 2026).

One of the factors that plays a crucial role in improving self-care behavior is self-efficacy. Self-efficacy refers to an individual's belief in their ability to perform specific actions to achieve desired goals. In the context of diabetes mellitus, self-efficacy influences a patient's ability to manage their disease independently, including overcoming obstacles and maintaining healthy behaviors. Individuals with high self-efficacy tend to possess better motivation and adherence when performing self-care activities (Alshaikh et al., 2024). Various studies demonstrate that self-efficacy has a significant relationship with self-care among patients with diabetes mellitus. High self-efficacy can enhance patient adherence to therapy, dietary control, and physical activity, which ultimately leads to better glycemic control. Furthermore, self-efficacy contributes to an improvement in the patient's quality of life, as individuals feel more capable of managing and controlling their own health conditions (WHO, 2024). Nevertheless, the level of self-efficacy among patients with diabetes mellitus remains varied and is influenced by several factors, such as education, social support, and prior experience in disease management. This variation leads to differences in self-care capabilities across individuals. Therefore, a deeper understanding of the relationship between self-efficacy and self-care is essential to design effective interventions for improving the management of diabetes mellitus (Zhou et al., 2024).

Based on the aforementioned points, it is essential to conduct a literature review regarding the relationship between self-efficacy and self-care in patients with diabetes mellitus. This review is expected to provide a comprehensive overview of the role of self-efficacy in enhancing self-care behavior and serve as a foundation for developing psychosocial-based interventions to improve the quality of life for patients with diabetes mellitus.

Methods

This study uses Literature Review (LR) method namely studies compiled literature in a way systematic and clear with method collect, identify and evaluate research data. This study to identify the correlation between Self-efficacy with self-care in type 2 DM patients. Searching of articles through computer using Google Scholar, Pubmed, Science Direct, Proquest databases. Searching of the articles was limited to articles published in 2021 to 2026. Keywords used writer are “Self-efficacy”, “self-care”, “type II DM”. Inclusion criteria in the review process literature namely 1) articles focus on relationships Self-efficacy with self-care in type 2 DM patients 2) Full text articles with year published in 2021-2025, 3) Articles that use Indonesian or in English, 4) Articles are research articles. Criteria exclusion: 1) Articles in the form of thesis or dissertation, 2) articles that are not can accessible in a way free, 3) is article literature review.

Results and Discussion

A literature review was conducted on 8 selected articles. The publications ranged from 2021 to 2026. The results of the journal analysis are presented in Table 1 as follows:

Table 1. Results of Journal Analysis

No	Research	Method	Results
1.	The correlation between <i>Self-efficacy</i> with Self Care on diabetic patients (Munir & Darma Solissa, 2021)	Type: Quantitative with design <i>Cross-sectional</i> Population & Sample: 41 respondents of type II DM patients Sampling Technique: <i>Purposive sampling</i> Data Analysis: <i>Chi-Square Test</i>	There is significant correlation between <i>self-efficacy</i> with self-care in diabetes mellitus patients at the Community Health Center Tamamaung Makassar City ($\rho=0.005$).
2.	Diabetes <i>Self-efficacy</i> and Its Relationship with <i>Self-care</i> and Glycaemic Control Among Elderly Patients with Type 2 Diabetes Mellitus (Mukhopadhyay et al., 2023)	Type: Quantitative with design <i>Cross-sectional</i> Population & Sample: 41 respondents of type II DM patients Sampling Technique: <i>Random sampling</i> Data Analysis: <i>multiple linear regression</i>	There is correlation between <i>self-efficacy</i> with selfcare and control glucose blood in diabetes mellitus patients ($\rho=0.001$).
3.	Relationships Between <i>Self-efficacy</i> , Health Belief, And <i>Self-care</i> Among Type 2 Diabetes Mellitus (Rosyida, 2024)	Type: analytic correlational with design <i>Cross-sectional</i> Population & Sample: Type II DM patients (83 respondents) Sampling Technique: <i>Purposive sampling</i> Data Analysis: <i>Spearman rank correlation test</i>	There is significant correlation between <i>self-efficacy</i> with self-care in diabetes mellitus patients ($\rho=0.000$).
4.	Relationship between <i>self-efficacy</i> and <i>self-care</i> management of type 2 diabetes mellitus patients: A cross-sectional study (Martadinata, 2024)	Type: analytic correlational with design <i>Cross-sectional approached</i> . Population & Sample: Type II DM patients (93 respondents). Sampling Technique: <i>Purposive sampling</i> . Data Analysis: test <i>chi-square</i>	There is a significant relationship in a way statistics between efficacy self and management maintenance diabetes self ($p = 0.017$). Patients with efficacy a better self-tall tend show management maintenance more diabetic self-Good compared to with those who have efficacy a better self-low.
5.	Diabetes <i>Self-efficacy</i> on Glycaemic Control and Well-Being of Patients with Type 2 Diabetes Mellitus: An Analytical Cross-Sectional Study. (Aseela et al., 2024)	Type: analytic correlational with design <i>Cross-sectional</i> Population & Sample: Type II DM patients (450 respondents). Sampling Technique: <i>Systematic random sampling</i> Data Analysis: test <i>regression</i> and test <i>chi-square</i>	<i>Self-efficacy</i> relates significant with control glycemic and well-being patients, which reflects behavior good <i>self-care</i> ($p=0.01$)
6	The correlation between Self Efficacy and Self Care on type 2 diabetic at the community health center of Tambang (Indriani et al., 2024)	Type: Quantitative with design <i>Cross-sectional</i> Population & Sample: 41 respondents of type II DM patients Sampling Technique: <i>Purposive sampling</i> Data Analysis: <i>Chi-Square Test</i>	There is significant correlation between <i>self-efficacy</i> with self-care in diabetes mellitus patients at the Community Health Center Tamamaung Makassar City ($\rho=0.005$).
7	<i>The correlation between Self-efficacy</i> and Self-Care on type 2 Diabetic patients at Primary health care of Sawah Lebar Kota Bengkulu (Listiana & Colin, 2025)	Type: Quantitative with design <i>Cross-sectional</i> Population & Sample: 41 respondents of type II DM patients Sampling Technique: <i>Random sampling</i> Data Analysis: <i>multiple linear regression</i>	There is significant correlation between <i>self-efficacy</i> with selfcare and control glucose blood in diabetes mellitus patients ($\rho=0.001$).
8	The Relationship Between Self-Efficacy, Self-Motivation, and Emotional Regulation with Self-Care Management in Type 2 Diabetes Mellitus Patients (Rizkiyah et al., 2025)	Type: analytic correlational with design <i>Cross-sectional</i> Population & Sample: Type II DM patients (83 respondents). Sampling technique: <i>Purposive sampling</i> . Data Analysis: <i>Spearman rank correlation test</i> .	There is connection between <i>self-efficacy</i> with self-care in diabetes mellitus patients ($\rho=0.000$).

Based on the literature review of the eight journals mentioned above, it is evident that self-efficacy is a psychological factor that plays a crucial role in determining the success of chronic disease management. Self-efficacy refers to an individual's belief in their ability to perform specific actions, including engaging in self-care behaviours such as dietary regulation, physical activity, medication adherence, and blood glucose monitoring. In the context of diabetes mellitus, self-care is a primary component in preventing complications and improving patients' quality of life; thus, the relationship between these two variables is highly relevant for in-depth study (Munir & Darma Solissa, 2021).

The research results by Munir & Darma Solissa (2021) show a significant relationship between self-efficacy and self-care in diabetes mellitus patients, with a p-value of 0.005. This finding indicates that patients with high levels of self-efficacy tend to be more capable of performing self-care activities optimally. Self-efficacy functions as an internal driver that influences a patient's motivation and consistency in undergoing therapy, thereby contributing to successful disease management (Munir & Darma Solissa, 2021).

Research by Mukhopadhyay et al. (2023) reinforces these findings by demonstrating a significant correlation between self-efficacy, self-care, and glycaemic control in type 2 diabetes mellitus patients, with a p-value of 0.001. This suggests that self-efficacy not only influences self-care behaviour but also has a direct impact on clinical outcomes in the form of blood glucose control. Consequently, increasing self-efficacy is an essential aspect of both nursing interventions and public health initiatives (Mukhopadhyay et al., 2023).

Furthermore, Rosyida (2024) found a highly significant relationship between self-efficacy and self-care, with a p-value of 0.000. These results indicate that self-efficacy has a strong influence on the health behaviours of type 2 diabetes mellitus patients. Individuals with high self-efficacy tend to have confidence when facing obstacles, making them more capable of maintaining consistent self-care behaviours compared to those with low self-efficacy (Rosyida, 2024). Martadinata's study (2024) also shows a significant relationship between self-efficacy and self-care management, with a p-value of 0.017. Patients with high self-efficacy levels are proven to have better capabilities in managing their disease, including aspects of diet, physical activity, and medication adherence. This finding confirms that self-efficacy is a vital predictor of success in type 2 diabetes mellitus management (Martadinata, 2024).

The research by Aseela et al. (2024) shows that self-efficacy is significantly related to glycaemic control and patient well-being, with a p-value of 0.01. Good patient well-being reflects success in implementing comprehensive self-care. This indicates that self-efficacy affects not only health behaviour but also the physiological and psychological condition of the patient, necessitating a comprehensive approach to diabetes management (Aseela et al., 2024). Indriani et al (2024) also found a significant relationship between self-efficacy and self-care in type II diabetes mellitus patients, with a p-value of 0.002. This result suggests that patients with high self-efficacy tend to be more capable of adopting a healthy lifestyle and maintaining consistent self-care behaviours. Thus, self-efficacy is a critical internal factor influencing self-care success (Indriani et al., 2024).

Similar findings were reported by Listiana & Colin (2025), showing a significant relationship between self-efficacy and self-care, with a p-value of 0.006. This research affirms that the higher a patient's level of self-efficacy, the better their self-care ability. This aligns with self-efficacy theory, which states that an individual's beliefs influence their choice of behaviour and their perseverance in the face of challenges (Listiana & Colin, 2025). In addition, Rizkiyah et al. (2025) found a strong positive correlation between self-efficacy and self-care management, with a correlation coefficient of 0.693. The strength of this correlation indicates that self-efficacy is one of the dominant factors in determining self-care success in type 2 diabetes mellitus patients. The positive direction of the correlation signifies that an increase in self-efficacy will be followed by a significant improvement in self-care ability (Rizkiyah et al., 2025).

Conclusion

Based on the results of the literature review across eight journals, it can be concluded that there is a consistent and significant relationship between self-efficacy and self-care among patients with diabetes mellitus. Self-efficacy serves as a primary psychological factor that influences health behaviours, treatment adherence, and clinical outcomes. Consequently, interventions focused on enhancing self-efficacy such as health education, counselling, and social support must be integrated into diabetes management programs to optimize the quality of self-care and improve the overall health status of patients.

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