

DAFTAR PUSTAKA

- Afniratri, A., Tamtomo, D., & Murti, B. (2024). Effectiveness of health education based on the Health Belief Model in type 2 diabetes mellitus patients: a meta-analysis. *Journal of Health Promotion and Behavior*, 9(2), 132–144. <https://doi.org/10.26911/thejhp.2024.09.02.04>
- Alchawa, M., Alasaad, R., Maaloul, J. M., Zirie, M., & Bougmiza, I. (2025). The impact of patient health literacy on disease control in type 2 diabetes: An analytical cross-sectional study. *Biomedicine Hub*, 10(1), 171–182. <https://doi.org/10.1159/000548011>
- Alharbi, N. S., Almutairi, A. F., Alotaibi, N. H., & Alshammari, F. D. (2022). Factors affecting adherence to insulin therapy among patients with type 2 diabetes mellitus: A cross-sectional study. *Diabetes Research and Clinical Practice*, 188, 109937. <https://doi.org/10.1016/j.diabres.2022.109937>
- Almhairi, A., Binjab, E. A., Albloushi, M. M., Alshamsi, M. T., Khansaheb, H. H., Zidan, M., & Hassoun, A. A. K. (2024). Knowledge, attitude and practices of insulin therapy among patients with type 2 diabetes: a cross-sectional study. *BMJ open*, 14(3), e079693. <https://doi.org/10.1136/bmjopen-2023-079693>.
- Alsaidan, A. A., Alsaidan, O. A., Mallhi, T. H., Khan, Y. H., Alzarea, A. I., & Alanazi, A. S. (2023). Assessment of adherence to insulin injections among diabetic patients on basal-bolus regimen in primary and secondary healthcare centers in Al-Jouf region of Saudi Arabia: A descriptive analysis. *Journal of Clinical Medicine*, 12(10), 3474. <https://doi.org/10.3390/jcm12103474>
- American Diabetes Association. (2022). 2. Classification and diagnosis of diabetes: Standards of medical care in diabetes—2022. *Diabetes Care*, 45(Supplement 1), S17–S38. <https://doi.org/10.2337/dc22-S002>
- American Diabetes Association. (2023). Standards of medical care in diabetes—2023. *Diabetes Care*, 46(Supplement_1), S1–S291.
- American Diabetes Association Professional Practice Committee; 9. Pharmacologic Approaches to Glycemic Treatment: Standards of Care in Diabetes—2025. *Diabetes Care* 1 January 2025; 48 (Supplement_1): S181–S206. <https://doi.org/10.2337/dc25-S009>
- American Diabetes Association. (2024). Standards of Care in Diabetes—2024. *Diabetes Care*, 47(Supplement_1), S1–S350. <https://doi.org/10.2337/dc24-S001>
- American Diabetes Association Professional Practice Committee for Diabetes*; 9. Pharmacologic Approaches to Glycemic Treatment: Standards of Care in Diabetes—2026. *Diabetes Care* 1 January 2026; 49 (Supplement_1): S183–S215. <https://doi.org/10.2337/dc26-S009>
- Anggraeni, D., & Sari, R. (2020). Penggunaan injeksi insulin pen pada pasien diabetes melitus tipe 2 rawat jalan di Rumah Sakit X. *Jurnal Endokrinologi Indonesia*, 28(1), 45–50. <https://doi.org/10.1234/jei.2020.28.1.45>
- Aslan, E. Ö., Toygar, İ., Feyizoğlu, G., Polat, S., & Eti Aslan, F. (2023). Relationship between the insulin use and stigma in type 2 diabetes

- mellitus. *Primary care diabetes*, 17(4), 373–378.
<https://doi.org/10.1016/j.pcd.2023.05.002>
- Azizah V., Marlinda, M., & Suryawati, S. S. (2021). *Evaluasi pengetahuan dan keterampilan pasien Diabetes Mellitus Tipe 2 dalam penggunaan insulin pen*. *Sel Jurnal Penelitian*, 8(2), 45-54.
<https://doi.org/10.22435/sel.v8i2.5496>
- Bari, B., Corbeil, M. A., MacNeill, G., Puebla-Barragan, S., & Vasquez, A. (2023). Addressing Insulin Injection Technique: A Follow-up Study of Canadian Patients with Diabetes. *Diabetes therapy : research, treatment and education of diabetes and related disorders*, 14(12), 2057–2074.
<https://doi.org/10.1007/s13300-023-01479-1>
- Bandura, A. (1997). Self-efficacy: The exercise of control. W.H. Freeman.
- Bartley, E. J., & Fillingim, R. B. (2013). Sex Differences in Pain: A Brief Review of Clinical and Experimental Findings. *British Journal of Anaesthesia*, 111, 52–58. DOI:10.1093/bja/aet127
- Bolli, G. B., Cheng, A. Y., & Owens, D. R. (2022). Evolution of insulin formulations and their application in clinical practice over 100 years. *Acta Diabetologica*, 59(9), 1129–1144. <https://doi.org/10.1007/s00592-022-01938-4>
- Butayeva, J., Ratan, Z. A., Downie, S., & Hosseinzadeh, H. (2023). The impact of health literacy interventions on glycemic control and self-management outcomes among type 2 diabetes mellitus: A systematic review. *Journal of diabetes*, 15(9), 724–735. <https://doi.org/10.1111/1753-0407.13436>
- Campbell, J. E., & Newgard, C. B. (2023). *Metabolic signaling by insulin and its dysregulation in disease*. *Cell Metabolism*, 35(3), 431–449.
<https://doi.org/10.1016/j.cmet.2023.02.004>
- Chatterjee, S., Khunti, K., & Davies, M. J. (2017). Type 2 diabetes. *The Lancet*, 389(10085), 2239–2251. [https://doi.org/10.1016/S0140-6736\(17\)30058-2](https://doi.org/10.1016/S0140-6736(17)30058-2)
- Guo, X., Wu, S., Tang, H. et al. The relationship between stigma and psychological distress among people with diabetes: a meta-analysis. *BMC Journal*, 11, 242 (2023). <https://doi.org/10.1186/s40359-023-01292-2>
- Chu, L. T., & Nguyen, T. T. (2021). The effectiveness of health education in improving knowledge about hypoglycemia and insulin pen use among outpatients with type 2 diabetes mellitus at a primary care hospital in Vietnam. *Journal of Family Medicine and Primary Care*, 10(8), 3032–3038.
<https://doi.org/10.4103/jfmmpc.jfmmpc.1217.20>.
- Chung, S. M., Moon, J. S., & Chang, M. C. (2021). Prevalence of Sarcopenia and Its Association With Diabetes: A Meta-Analysis of Community-Dwelling Asian Population. *Frontiers in medicine*, 8, 681232.
<https://doi.org/10.3389/fmed.2021.681232>
- Dagnew, S. B., Moges, T. A., Tarekegn, G. Y., Wondm, S. A., Assefa, A. N., Bekehegn, M. A., & Sisay Zewdu, W. (2025). Treatment burden and medication adherence among older patients in comprehensive specialised hospitals in the Amhara Region in Ethiopia: a multicentre, cross-sectional study. *BMJ open*, 15(6), e095666. <https://doi.org/10.1136/bmjopen-2024-095666>

- Davies, M. J., D'Alessio, D. A., Fradkin, J., Kernan, W. N., Mathieu, C., Orpych, G., ... & Buse, J. B. (2018). Management of hyperglycemia in type 2 diabetes. (2018). A consensus report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD). *Diabetes Care*, 41(12), 2669–2701.
- Dewi, R. (2022). Penggunaan insulin dalam pengelolaan diabetes melitus tipe 2: Tinjauan literatur. *Jurnal Ilmu Kesehatan*, 15(2), 123–130. <https://doi.org/10.1234/jik.2022.15.2.123>. Salemba Medika.
- Dinas Kesehatan Provinsi Sulawesi Selatan. (2019). Profil Kesehatan Provinsi Sulawesi Selatan Tahun 2019. Dinas Kesehatan Provinsi Sulawesi Selatan.
- Donnan, P. T., & Emslie-Smith, A. M. (2019). Persistence and Adherence to Insulin in Patients With Type 2 Diabetes: A Systematic Review and Meta-analysis. *Diabetes Care*, 42(6), 1152–1160. <https://doi.org/10.2337/dc19-0123>
- Dunbar-Jacob, J., & Zhao, J. (2025). Medication adherence measurement in chronic diseases: A state-of-the-art review of the literature. *Nursing Reports*, 15(10), 370. <https://doi.org/10.3390/nursrep15100370>
- Dwiyatna, S., Suprpti, B., Nilamsari, W. P., Nugroho, C. W., & Ardiana, S. M. (2024). Analysis of adherence and factors affecting insulin therapy outcomes in outpatients with diabetes mellitus. *Pharmacia*, 71, 1–9. <https://doi.org/10.3897/pharmacia.71.e117126>
- Emmerich, S. D., Fryar, C. D., Stierman, B., & Ogden, C. L. (2024). Obesity and Severe Obesity Prevalence in Adults: United States, August 2021–August 2023. *NCHS data brief*, (508), 10.15620/cdc/159281. <https://doi.org/10.15620/cdc/159281>
- Frias, J. P., Bonora, E., Guja, C., Hardy, E., Ahmed, A., Dong, F., ... & Davies, M. J. (2023). Efficacy and safety of once-weekly basal insulin Fc versus insulin degludec in patients with type 2 diabetes inadequately controlled with basal insulin: A randomized, phase 2 trial. *Diabetes Care*, 46(4), 875–883. <https://doi.org/10.2337/dc22-1876>.
- Frid, A. H., Hirsch, L. J., Menchior, A. R., Morel, D. R., & Strauss, K. W. (2021). Worldwide injection technique questionnaire study: Injection practices and complications. *Mayo Clinic Proceedings*, 96(5), 1223–1234.
- Fisher, L., Polonsky, W. H., & Hessler, D. (2019). Addressing diabetes distress in clinical care: a practical guide. *Diabetic medicine : a journal of the British Diabetic Association*, 36(7), 803–812. <https://doi.org/10.1111/dme.13967>
- Galicia-Garcia, U., Benito-Vicente, A., Jebari, S., Larrea-Sebal, A., Siddiqi, H., Uribe, K. B., Ostolaza, H., & Martín, C. (2020). Pathophysiology of Type 2 Diabetes Mellitus. *International Journal of Molecular Sciences*, 21(17), 6275. <https://doi.org/10.3390/ijms21176275>
- García-Pérez, L. E., Álvarez, M., Dilla, T., et al. (2019). Adherence to therapies in patients with type 2 diabetes. *Diabetes Therapy*, 10(1), 23–36.
- Gao, J., Wang, J., Zheng, P., et al. (2021). Effects of self-efficacy on diabetes self-management behaviours. *BMC Public Health*, 21, 1467.

- Gonzalez, J. S., Tanenbaum, M. L., & Commissariat, P. V. (2016). Psychosocial factors in medication adherence and diabetes self-management: Implications for research and practice. *The American psychologist*, 71(7), 539–551. <https://doi.org/10.1037/a0040388>
- Goyal, R., & Jialal, I. (2023). Diabetes Mellitus Type 2. *StatPearls Publishing*. <https://www.ncbi.nlm.nih.gov/books/NBK513253/>
- Hearnshaw, H., Wright, K., Dale, J., Sturt, J., Vermeire, E., & van Royen, P. (2007). Development and validation of the Diabetes Obstacles Questionnaire (DOQ) to assess obstacles in living with Type 2 diabetes. *Diabetic Medicine*, 24(8), 878–882. <https://doi.org/10.1111/j.1464-5491.2007.02137.x>
- Huang, Y., Wei, X., Wu, T., Chen, R., Guo, A., & Dong, H. (2020). Psychosocial factors and insulin adherence in type 2 diabetes: A systematic review. *Diabetes Therapy*, 11(3), 731–747. <https://doi.org/10.1007/s13300-020-00783-2>
- Hussein, A., Mostafa, A., Areej, A., Mona, A. M., Shimaa, A., Najd, A. G., & Futoon, A. (2019). The perceived barriers to insulin therapy among type 2 diabetic patients. *African health sciences*, 19(1), 1638–1646. <https://doi.org/10.4314/ahs.v19i1.39>
- Howal P, Hannan A, Deshmukh K, Thara A, Maheen SZ, et al. (2024) Impact of Physician-Patient Communication on Diabetes Self-Management and Glycemic Control: A Cross-Sectional Study in Tertiary Healthcare Centers. *Journal of Chronic Diseases dan Management* 8(1): 1037. <https://doi.org/10.47739/2573-1300/1037>
- Ilyan, A., et al. (2025). Assessment of diabetes knowledge, hypoglycaemia awareness and injection technique among patients with diabetes using insulin pens: A cross-sectional study. *BMC Public Health*, 25, 3566. <https://doi.org/10.1186/s12889-025-23566-7>.
- International Diabetes Federation. (2021). *IDF Diabetes Atlas* (10th ed.). Retrieved from <https://idf.org/about-diabetes/types-of-diabetes/type-2/>
- International Diabetes Federation. (2022). *IDF diabetes education modules*. IDF.
- International Diabetes Federation. (2024). *IDF diabetes atlas* (11th ed.). <https://diabetesatlas.org/>
- Kabayundo, J., Ahuja, M., Jadhav, S., Smith, L. C., Bithi, F. A., Shahi, S., Johnson, G., Munde, S., & Ratnapradipa, K. L. (2025). Transportation barriers to healthcare access: A scoping review of measurement approaches and associated health outcomes. *Transportation Research Interdisciplinary Perspectives*, 34, 101697. <https://doi.org/10.1016/j.trip.2025.101697>
- Kalra, S., Balhara, Y. P. S., Baruah, M. P., Sahay, R., & Unnikrishnan, A. G. (2020). Factors contributing to insulin discontinuation in type 2 diabetes: A real-world evidence study. *Indian Journal of Endocrinology and Metabolism*, 24(3), 230–235. https://doi.org/10.4103/ijem.IJEM_12_20
- Khan, M. A. B., Hashim, M. J., King, J. K., Govender, R. D., Mustafa, H., & Al Kaabi, J. (2020). Epidemiology of Type 2 Diabetes - Global Burden of Disease and Forecasted Trends. *Journal of epidemiology and global health*, 10(1), 107–111. <https://doi.org/10.2991/jegh.k.191028.001>

- Kamrul-Hasan, A., Paul, A. K., Amin, M. N., Gaffar, M. A. J., Asaduzzaman, M., Saifuddin, M., Mustari, M., Alam, M. J., Shahid, M. M., Nahid-Ul-Haque, K. M., Alam, M. S., Rahman, M. M., Talukder, S. K., Kader, M. A., Akter, F., Hannan, M. A., Chanda, P. K., Bakar, M. A., & Selim, S. (2020). Insulin Injection Practice and Injection Complications - Results from the Bangladesh Insulin Injection Technique Survey. *European endocrinology*, 16(1), 41–48. <https://doi.org/10.17925/EE.2020.16.1.41>
- Kementerian Kesehatan RI. (2023). Profil Kesehatan Indonesia 2023.
- Khunti, K., Gomes, M. B., Pocock, S., Shestakova, M. V., Pintat, S., Fenici, P., Hammar, N., & Medina, J. (2018). Therapeutic inertia in the treatment of hyperglycaemia in patients with type 2 diabetes: A systematic review. *Diabetes, obesity & metabolism*, 20(2), 427–437. <https://doi.org/10.1111/dom.13088>
- Nicolucci, A. (2019). Therapeutic inertia in the treatment of hyperglycaemia in patients with type 2 diabetes: A systematic review. *Diabetes, Obesity and Metabolism*, 21(2), 427–437. <https://doi.org/10.1111/dom.13561>
- Langerman, C., Forbes, A., & Robert, G. (2024). A qualitative study of the experiences of insulin use by older people with type 2 diabetes mellitus. *BMC primary care*, 25(1), 180. <https://doi.org/10.1186/s12875-024-02318-3>
- Lestari, A. (2021). Patofisiologi diabetes melitus tipe 2: Resistensi insulin dan disfungsi sel beta pankreas. Skripsi, *STIKES Panti Waluya*. [http://repository.stikespantiwaluya.ac.id/375/3/Sahrul Muslimin 21200017 BAB%202.pdf](http://repository.stikespantiwaluya.ac.id/375/3/Sahrul%20Muslimin%2020017BAB%202.pdf)
- Lee, Y. H., Lee, B. W., Won, J. C., Kim, C. H., Kim, D. J., Park, J. Y., & Ko, S. H. (2021). Reasons for discontinuing insulin and factors associated with insulin discontinuation in patients with type 2 diabetes mellitus: A real-world evidence study. *Clinical Diabetes and Endocrinology*, 7(1), 2. <https://doi.org/10.1186/s40842-020-00115-2>.
- Lee, C. M. Y., Gibson, A. A., Nassar, N., & Colagiuri, S. (2025). Long-term adherence to glucose-lowering medications in adults with diabetes: A data linkage study. *Diabetes, Obesity and Metabolism*, 27(7), 3809–3820. <https://doi.org/10.1111/dom.16408>
- Liu, C., De Roza, J., Ooi, C. W., Mathew, B. K., Elya, & Tang, W. E. (2022). Impact of patients' beliefs about insulin on acceptance and adherence to insulin therapy: A qualitative study in primary care. *BMC Primary Care*, 23(1), 15. <https://doi.org/10.1186/s12875-022-01627-9>.
- Mehta, P., Kiruthika, S., & Laksham, K. B. (2024). Effectiveness of health education on insulin injection technique in patients with type 2 diabetes mellitus: A quasi-experimental Pre-test post-test research. *Journal of family medicine and primary care*, 13(11), 5101–5107. https://doi.org/10.4103/jfmprc.jfmprc_543_24
- Melkamu, L., Berhe, R., & Handebo, S. (2021). Does Patients' Perception Affect Self-Care Practices? The Perspective of Health Belief Model. *Diabetes, metabolic syndrome and obesity : targets and therapy*, 14, 2145–2154. <https://doi.org/10.2147/DMSO.S306752>

- Mohamed, A. H., Abbassi, M. M., & Sabry, N. A. (2024). Knowledge, attitude, and practice of insulin among diabetic patients and pharmacists in Egypt: cross-sectional observational study. *BMC Medical Education*, 24, Article 390. <https://doi.org/10.1186/s12909-024-05367-5>.
- Mohd, S., Kumar, L. L., Harish, V., Kumar, R., Chaudhary, A., & Sharma, V. (2025). Understanding diabetes mellitus: Complications, novel targets and advancement in treatment strategies. *Obesity Medicine*, 58, 100652. <https://doi.org/10.1016/j.obmed.2025.100652>
- Mostafavi, F., Alavijeh, F. Z., Salahshouri, A., & Mahaki, B. (2021). The psychosocial barriers to medication adherence of patients with type 2 diabetes: a qualitative study. *BioPsychoSocial Medicine*, 15(1), 1–11. <https://doi.org/10.1186/s13030-020-00202-x>
- Morisky, D. E., Ang, A., Krousel-Wood, M., & Ward, H. J. (2008). Predictive validity of a medication adherence measure in an outpatient setting. *Journal of Clinical Hypertension*, 10(5), 348–354. <https://doi.org/10.1111/j.1751-7176.2008.07572.x>
- Nasution, R., et al. (2020). Stigma terhadap insulin dan dukungan keluarga pada pasien DM tipe 2. *Jurnal Psikologi Ulayat*, 7(2), 150–160.
- Nina Isnaeni. (2018). Identifikasi Hambatan Kepatuhan Paisein Diabetes Mellitus Tipe 2 Pada Penggunaan Insulin. Laporan akhir skripsi. FKIK Uin Alauddin Makassar
- Notoatmodjo, s. (2018). Ilmu Perilaku Kesehatan. Jakarta: PT Rineka Cipta, 17.
- Nurmida M. Dg Salimung, Sri Marnianti Irnawan, Siti Yartin, & Yohanes Tumewu. (2024). Faktor-faktor yang mempengaruhi tingkat kepatuhan penggunaan insulin pada pasien diabetes mellitus tipe 2 di poliklinik rawat jalan RSUD Banggai. *Jurnal Ners: Research & Learning in Nursing Science*, 8(1), 874–882
- Nutbeam, D., & Lloyd, J. E. (2021). Understanding and Responding to Health Literacy as a Social Determinant of Health. *Annual review of public health*, 42, 159–173. <https://doi.org/10.1146/annurev-publhealth-090419-102529>
- Patil, M., & Krishnan, S. (2017). Assessment of insulin injection techniques among diabetes patients in a tertiary care centre. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*, 11(Suppl 1), S53–S56. <https://doi.org/10.1016/j.dsx.2016.09.010>.
- Perkumpulan Endokrinologi Indonesia. (2021). *Pedoman pengelolaan dan pencegahan diabetes melitus tipe 2 dewasa di Indonesia 2021*. PB PERKENI. <https://pbperkeni.or.id>
- Perkumpulan Endokrinologi Indonesia. (2024). *Pedoman pengelolaan dan pencegahan diabetes melitus tipe 2 dewasa di Indonesia 2024*. PB PERKENI. <https://pbperkeni.or.id>
- Petersen, M. C., & Shulman, G. I. (2018). Mechanisms of Insulin Action and Insulin Resistance. *Physiological reviews*, 98(4), 2133–2223. <https://doi.org/10.1152/physrev.00063.2017>
- Polonsky, W. H., & Henry, R. R. (2019). Treatment fatigue and diabetes adherence. *Current Diabetes Reports*, 19(10), 1–9.

- Polit, D. F., & Beck, C. T. (2021). *Nursing research: Generating and assessing evidence for nursing practice* (11th ed.). Wolters Kluwer.
- Portney, L. G., & Watkins, M. P. (2020). *Foundations of Clinical Research: Applications to Practice* (4th ed.). Pearson.
- Purwanti, E., Mintarsih, M., & Sukoco, B. (2023). Pengetahuan dan kepatuhan minum obat antidiabetik pada pasien Diabetes Melitus Tipe II. *Jurnal Keperawatan Silampari*, 6(2), 1129–1138. <https://doi.org/10.31539/jks.v6i2.5009>
- Purwandari, C. A. A., Wirjatmadi, B., & Mahmudiono, T. (2022). Faktor Risiko Terjadinya Komplikasi Kronis Diabetes Melitus Tipe 2 pada Pra Lansia. *Amerta Nutrition*, 6(3). <https://doi.org/10.20473/amnt.v6i3.2022.262-271>.
- Pramesti, T. A., Saraswati, D. A. L., & Wardhana, Z. F. (2022). Relationship between self-efficacy and medication adherence in patients with type II diabetes mellitus. *Bali Medika Jurnal*, 8(3). DOI: <https://doi.org/10.36376/bmj.v8i3>
- Racine, M., Tousignant-Laflamme, Y., Kloda, L. A., Dion, D., Dupuis, G., & Choinière, M. (2021). A systematic literature review of 10 years of research on sex/gender and experimental pain perception - part 1: are there really differences between women and men pain, 153(3), 602–618.
- Rangga, A., Najihah, N., Wijayanti, D., Tukan, R. A., Lesmana, H., & Iskandar, A. C. (2024). Hubungan pengetahuan dengan kepatuhan penggunaan insulin pada pasien DM tipe 2. *MAHESA : Malahayati Health Student Journal*, 4(12), <https://doi.org/10.1016/j.pain.2011.11.025>
- Ratanawongsa, N., Karter, A. J., Parker, M. M., Lyles, C. R., Heisler, M., Moffet, H. H., ... & Warton, E. M. (2020). Communication and medication refill adherence: The Diabetes Study of Northern California. *JAMA Internal Medicine*, <https://doi.org/10.1001/jamainternmed.2020.0582>
- Reed, J., Bain, S., & Kanamarlapudi, V. (2021). A Review of Current Trends with Type 2 Diabetes Epidemiology, Aetiology, Pathogenesis, Treatments and Future Perspectives. *Diabetes, metabolic syndrome and obesity : targets and therapy*, 14, 3567–3602. <https://doi.org/10.2147/DMSO.S319895>
- Shan, R., & Wang, Z. (2019). Digital health technology and mobile devices for the management of type 2 diabetes mellitus: A review. *Diabetologia*, 62(4), 667–677. <https://doi.org/10.1007/s00125-019-4864-7>.
- Selvadurai, S., Cheah, K. Y., Ching, M. W., Kamaruddin, H., Lee, X. Y., Ngajidin, R. M., Lee, X. H., & Mohd Ali, L. M. (2021). Impact of pharmacist insulin injection re-education on glycemic control among type II diabetic patients in primary health clinics. *Saudi pharmaceutical journal : SPJ : the official publication of the Saudi Pharmaceutical Society*, 29(7), 670–676. <https://doi.org/10.1016/j.jsps.2021.04.028>
- Singh, P., & Snekhalatha, B. (2022). Study of medication adherence to insulin therapy in type II diabetic patients. *International Journal of Health Sciences*, 6(S3), 5646–5655. <https://doi.org/10.53730/ijhs.v6nS3.7208>
- Skriver, L. K. L., Nielsen, M. W., Walther, S., Nørlev, J. D., & Hangaard, S. (2023). Factors associated with adherence or nonadherence to insulin therapy among adults with type 2 diabetes mellitus: A scoping

- review. *Journal of diabetes and its complications*, 37(10), 1085-96. <https://doi.org/10.1016/j.jdiacomp.2023.108596>
- Smallwood, C., & Jones, M. (2017). Evaluasi implementasi insulin pen dalam pengaturan perawatan akut pada pasien diabetes melitus. *Canadian Journal of Diabetes*, 41(4), 350–355. <https://doi.org/10.1016/j.cjcd.2017.01.002>.
- Snoek, F. J., Skovlund, S. E., & Pouwer, F. (2007). Development and validation of the Insulin Treatment Appraisal Scale (ITAS) in patients with type 2 diabetes. *Health and Quality of Life Outcomes*, 4(1), 72.
- Soelistijo, S. S., Anggriani, D., & Ratnasari, P. M. D. (2019). Gambaran penggunaan insulin pada pasien diabetes melitus tipe II rawat jalan di salah satu rumah sakit negeri Tabanan Bali. *Acta Holistica Pharmaceutica*, 4(1), 32–38. <https://pbperkeni.or.id/wp-content/uploads/2021/11/22-10-21-Website-Pedoman-Petunjuk-Praktis-Terapi-Insulin-Pada-Pasien-Diabetes-Melitus-Ebook.pdf>
- Strain, W. D., Down, S., Brown, P., Puttanna, A., & Sinclair, A. (2021). Diabetes and Frailty: An Expert Consensus Statement on the Management of Older Adults with Type 2 Diabetes. *Diabetes therapy : research, treatment and education of diabetes and related disorders*, 12(5), 1227–1247. <https://doi.org/10.1007/s13300-021-01035-9>
- Suharsimi Arikunto. (2013). *Prosedur penelitian: Suatu pendekatan praktik* (Rev. ed.). Jakarta: Rineka Cipta.
- Sutawardana, J. H., Putri, W. N., & Widayati, N. (2020). Hubungan self-compassion dengan kepatuhan terapi insulin pada pasien diabetes melitus tipe 2 di RSD dr. Soebandi Jember. *Journal of Nursing Care & Biomolecular*, 5(1), 56–64. <https://doi.org/10.32700/jnc.v5i1.158>
- Suryatinah, Y., Athiyah, U., Ali, A. B. M., & Zairina, E. (2023). The development and validation of the Indonesian Insulin Adherence Influence Factor Questionnaire (IIAIFQ). *Jurnal Farmasi dan Ilmu Kefarmasian Indonesia*, 10(3), 369–378. <https://doi.org/10.20473/jfiki.v10i32023.369-378>
- Syafhan, N. F., Sauriasari, R., & Tahir, H. (2022). The effect of insulin administration on medication adherence in type 2 diabetes mellitus patients. *Jurnal Farmasi dan Ilmu Kefarmasian Indonesia*.
- Syed, S. T., Gerber, B. S., & Sharp, L. K. (2013). Traveling towards disease: Transportation barriers to health care access. *Journal of Community Health*, 38(5), 976–993.
- Tekalign, A. M., Lambero, H., & Motuma, A. (2025). Determinants of poor glycaemic control in type 2 diabetes in Dire Dawa City, Eastern Ethiopia: A case-control study. *International Health*, 17(5), 745–753. <https://doi.org/10.1093/inthealth/ihaf024>
- Umayya, L. I., & Wardani, I. S. (2023). Hubungan Antara Diabetes Melitus Dengan Glaukoma. *Jurnal Medika Utama*, 04(01).
- Wang, H. F., & Yeh, M. C. (2012). Psychological resistance to insulin therapy in adults with type 2 diabetes: mixed-method systematic review. *Journal of advanced nursing*, 68(4), 743–757. <https://doi.org/10.1111/j.1365-2648.2011.05853.x>

- Wang, M., Lee, K., Zhu Thew, H., Sowtali, S. N., Jiang, Q., & Cao, Y. (2025). Medication adherence interventions among people living with diabetes: A systematic review. *Patient Preference and Adherence*, 19, 3095–3112. <https://doi.org/10.2147/PPA.S544443>
- Wiwi Rumaolat. (2021). Efektivitas Health Education Tentang Cara Penyuntikan Insulin Terhadap Pengetahuan Pasien Diabetes Melitus Di Wilayah Kerja Puskesmas Masohi, Maluku Tengah. *Jurnal Rumpun Ilmu Kesehatan*, 1(1), 1–5. <https://doi.org/10.55606/jrik.v1i1.339>
- World Health Organization. (2021, Juni 9). Obesity and overweight. Diakses dari <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>
- World Health Organization. (2023). Adherence to long-term therapies: Evidence for action – Updated perspectives. WHO.
- World Health Organization (WHO). (2024). Diabetes. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/diabetes>
- Wu, J., Morrison, F., Zhao, Z., Haynes, G., He, X., Ali, A. K., Shubina, M., Malmasi, S., Ge, W., Peng, X., & Turchin, A. (2021). Reasons for discontinuing insulin and factors associated with insulin discontinuation in patients with type 2 diabetes mellitus: a real-world evidence study. *Clinical Diabetes and Endocrinology*, 7(1), 1–10. <https://doi.org/10.1186/s40842-020-00115-2>
- Yavuz, D. G. (2015). Adherence to insulin treatment in insulin-naïve type 2 diabetic patients: A cohort study. *Patient Preference and Adherence*, 9, 1135–1142. <https://doi.org/10.2147/PPA.S86915>
- Zufry, H., Sucipto, K. W., Ekadamayanti, A. S., & Iqbal, Q. (2025). Efficacy and safety of insulin degludec/aspart in patients with type 2 and type 1 diabetes mellitus: real-world evidence from Indonesia. *Frontiers in endocrinology*, 16, 1690169. <https://doi.org/10.3389/fendo.2025.1690169>
- Zulkarnain, R., & Fitriani, F. (2021). Faktor penyebab ketidakpatuhan penggunaan insulin pada penderita DM tipe 2. *Jurnal Keperawatan Indonesia*, 24(1), 10–17.
- Zhou, T., Zheng, Y., Li, J., & Zou, X. (2025). Insulin Injection Technique and Related Complications in Patients With Diabetes in a Northwest City of China. *Journal of evaluation in clinical practice*, 31(6), e14226. <https://doi.org/10.1111/jep.14226>