

ABSTRACT

The Relationship between Optimism and Resilience in Diabetics

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Diabetes is a chronic disease characterized by elevated blood sugar levels from the normal threshold. The disease has an impact on the sufferer, both physically and psychologically. The psychological impact felt by sufferers can affect blood sugar and the treatment undertaken, in addition this also affects the optimism and resilience of sufferers. This study aims to see whether or not there is a relationship between resilience and optimism in diabetics. The research method using quantitative with a non-parametric correlation method, spearman. The study was conducted by distributing a Life orientation test revised and Connor Davidson resilience scale 10 items to diabetics. The result showed $r(353) = 0,511$, $p < ,001$ which indicates that there is relationship between optimism and resilience in diabetics.

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