

## Review Article

# Literature Review: The Influence of Family Support on the Quality of Life of Patients with Type 2 Diabetes Mellitus

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**Abstract:** Diabetes mellitus is a chronic, lifelong disease that requires long-term treatment, leading to a decreased quality of life. Diabetes mellitus is a condition characterized by a significant increase in blood sugar levels, or hyperglycemia, which causes a decrease in the insulin hormone. The number of people with type 2 diabetes increases annually, reaching approximately 230 million worldwide. To maintain a healthy lifestyle, patients require support from those around them, especially their families. The purpose of this study was to determine the effect of family support on the quality of life of patients with type 2 diabetes mellitus. This study used a Systems Literature Review design. Articles were collected through PubMed and Google Scholar databases using the keywords (Family Support, Type 2 Diabetes Mellitus, Quality of Life). The criteria for articles published between 2019 and 2025 were those published. The results showed that family support influences the quality of life of patients with type 2 diabetes mellitus. Conclusion: There is a significant relationship between family support and the quality of life of patients with type 2 diabetes mellitus.

**Keywords:** Family Support; Hyperglycemia; Quality of Life; Systematic Literature Review; Type 2 Diabetes Mellitus.

## 1. Introduction

Diabetes mellitus (DM) is a chronic, lifelong disease characterized by elevated blood glucose levels due to insufficient insulin production or the body's inability to use insulin effectively (Nisa & Kurniawati, 2022). This metabolic disorder has become one of the major public health challenges globally, requiring long-term management and lifestyle modifications that can significantly affect patients' quality of life (Dos Santos, Zainal, & Abrar, 2023). According to the International Diabetes Federation (IDF) Diabetes Atlas (10th edition), diabetes remains one of the fastest-growing global health crises of the 21st century, affecting 537 million adults in 2021, and projected to rise to 783 million by 2045 (Magliano & Boyko, 2021). This rise indicates not only an increasing prevalence but also escalating economic and social burdens worldwide.

The World Health Organization (WHO) emphasizes that the global rise in diabetes contributes significantly to morbidity and mortality, with more than 6.7 million deaths annually attributed to diabetes-related causes (WHO, 2022). The growing number of undiagnosed diabetes cases, accounting for nearly 45% of total cases, highlights the urgent need for better screening and preventive strategies, especially in developing countries (Ogurtsova et al., 2021). In addition, hyperglycemia in pregnancy (HIP) affects one in six pregnancies globally, indicating the cross-generational impact of diabetes on health outcomes (International Diabetes Federation, 2021).

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In Indonesia, diabetes mellitus is a major contributor to the increasing burden of non-communicable diseases (NCDs). According to the Indonesian Ministry of Health (2019), the prevalence of NCDs has reached 69.91%, with diabetes cases increasing from 6.9% in 2013 to 8.5% in 2018 (Riskesdas, 2018). Indonesia currently ranks fifth globally for the highest number of diabetes cases, affecting approximately 19.5 million individuals aged 20–79 (Febriany, 2023). The increasing prevalence of diabetes is strongly associated with urbanization, unhealthy lifestyles, and low levels of physical activity (Putra, Dewi, & Rahayu, 2023).

Living with diabetes requires continuous medical treatment and adherence to therapeutic regimens that often cause psychological stress, anxiety, and emotional fatigue, which in turn lower patients' quality of life (Susanto, 2022). The quality of life of DM patients is influenced by various factors including age, disease duration, treatment adherence, complications, and psychosocial support (Hindriyastuti et al., 2023). Family support, in particular, plays a central role in helping patients manage the disease effectively. Families provide both emotional and instrumental support that enhances patients' motivation and compliance with medical advice (Ali, 2009; Nugraha, Wulan, & Yunita, 2025).

Family support refers to the acceptance, empathy, and concrete assistance offered by family members in managing chronic conditions such as diabetes (Prasetyo & Lestari, 2021). Support from family can take the form of helping with medication management, providing encouragement, accompanying medical check-ups, or assisting in maintaining dietary and physical activity routines (Wahyuni, Rofiah, & Sari, 2023). Strong family involvement has been shown to improve glycemic control, reduce emotional distress, and enhance overall well-being among diabetic patients (Sari & Handayani, 2024).

Moreover, social and psychological dimensions are essential in determining diabetes management outcomes. Patients who receive consistent social support tend to demonstrate better coping mechanisms and treatment adherence compared to those who experience isolation or neglect (Kurniawati & Firmansyah, 2024). Conversely, the absence of family support often leads to poor self-care behaviors, increased risk of complications, and diminished life satisfaction (Dewi et al., 2022).

Given these findings, understanding the role of family support in influencing the quality of life of diabetes mellitus patients is critical. By strengthening familial involvement in diabetes management, healthcare providers can foster holistic interventions that address not only physical but also emotional and social aspects of patient well-being.

## **2. Materials and Method**

The design used in this study is a systematic literature review (SLR), also known as a systematic literature review. This type of research is library research. The process of collecting references and journals for this study uses secondary data obtained from research conducted by previous researchers. The secondary data sources in question are articles or journals. The database used is Google Scholar.

### 3. Results and Discussion

Author of the Year	Research title	Objective	Method	Respondents	Research result
(Angraini, Apriyeni, and Jesica (2020)	The Relationship Between Family Support and Quality of Life	To analyze the relationship between family support and the quality of life of type 2 DM sufferers	This type of research is observational	Patients with diabetes mellitus who live in the Work Area	Family support is significantly related to the quality of life of people with diabetes mellitus.
Roza Erda, Cindy Monica Harefa, Revi Yulia, Didi Yunaspi (2020)	The Relationship Between Family Support and Stress with the Quality of Life in Elderly People with Type 2 Diabetes Mellitus	To determine the relationship between family support and stress with the quality of life of elderly people with type II diabetes mellitus.	The type of research used is analytical research with a cross-sectional design.	The research respondents involved in this research were 64 respondents.	There is a relationship between family support and the quality of life of elderly people with type II diabetes mellitus.
Zanzibar, M. Agung Akbar (2023)	The Relationship between Family Support and Quality of Life in Type II Diabetes Mellitus Patients	To determine the relationship between family support and the quality of life of Type II DM patients.	Quantitative research type with cross sectional design	The research sample consisted of 77 people obtained using purposive sampling technique.	The results of statistical analysis using the chi square test obtained a p-value of 0.02, which means there is a relationship between family support and the quality of life of Type II DM patients.
Moch. Didik Nugraha, Nur Wulan, Yunita (2025)	The relationship between family support and quality of life in elderly people with type 2 diabetes mellitus	To identify the relationship between family support and quality of life in elderly people with type 2 diabetes mellitus.	This study uses a quantitative method with a correlational analysis approach and cross-sectional design.	The population studied was elderly people suffering from type 2 diabetes mellitus, with a sample of 30 respondents taken using total sampling.	There is a significant relationship between family support and quality of life, with a $p$ value of 0.000 and a correlation coefficient ( $r$ ) of 0.935.
Sujoyati Nabela, Asri Kusyani, Faishol Roni, Joko Prasetyo	The relationship between family support and quality of life in diabetes mellitus patients	To find out about the relationship between family support and the quality of life of diabetes mellitus patients.	The databases used in the literature review are Google Scholar and PubMed	Sample inclusion criteria, articles published in 2016-2021, using national and international journals	The results of the study identified 13,292 journals, researchers found 10 journals that could be used in the literature review and there was information about the relationship between family support and the quality of life of diabetes mellitus patients.

Support can play a role in improving the quality of life in people with diabetes by regulating psychological processes and facilitating behavioral changes. Family is a primary

source of support for patients with diabetes. Family support is closely related to the adequacy of blood sugar control, thus affecting their quality of life. The five articles in the study above demonstrate a significant relationship between family support and respondents' quality of life.

The first article demonstrates that quality of life in people with type 2 diabetes mellitus is influenced by many factors, one of which is family support. Therefore, there is a significant relationship between family support and patients' quality of life. The second article links family support and stress with quality of life in elderly people with type 2 diabetes mellitus, finding a significant relationship between support and quality of life in patients with diabetes mellitus (DM).

The third article uses a quantitative research method with a cross-sectional design. The results of this third study showed a chi-square test with a p-value of 0.02, indicating a relationship between family support and quality of life in patients with type 2 diabetes mellitus. The fourth article found a correlation between family support and quality of life in patients with diabetes mellitus. In the fifth article, the database used in the literature review was Google Scholar, published with research results from 13,292 identified journals. The researchers identified 10 journals suitable for use in the literature review, and found a relationship between family support and the quality of life of diabetes mellitus patients.

Family support consists of four dimensions: emotional support, informational support, instrumental support, and esteem support. The most frequently provided family support to respondents was emotional support. Emotional support encompasses expressions of empathy, attention, encouragement, personal warmth, love, and emotional support. Behavioral encouragement promotes feelings of comfort and encourages respondents to feel praised, respected, loved, and cared for. Emotional support provided by family can improve family recovery and morale. With emotional support from family, respondents feel cared for and understood by their families. Other support provided includes helping respondents overcome anxiety caused by their diabetes.

#### 4. Conclusion

Based on the explanation above, which consists of 5 scientific articles that have been reviewed in literature from research, family support greatly influences the quality of life of diabetes mellitus sufferers.

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