

# The Effect of Diabetes Self Management Booklet Educational Media on Reducing Anxiety Levels in Diabetes Mellitus Patients in the Puskesmas Working Area South Cities

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## ABSTRACT

Diabetes mellitus (DM) is a metabolic disorder characterized by chronic hyperglycemia due to impaired insulin work. DM not only has an impact on physical health but also psychologically, one of which is anxiety. Untreated anxiety can worsen a patient's quality of life and medication adherence. One of the interventions to overcome this is Diabetes Self-Management Education (DSME) using booklet media. This study aims to determine the effect of the use of DSME booklet educational media on reducing anxiety levels in DM patients in the working area of the South City Health Center. This quantitative research uses a pre-experimental design with a One Group Pretest–Posttest Design approach. The sample amounted to 49 respondents who were selected using accidental sampling techniques. Data analysis used the Wilcoxon test. The instrument in this study used the HARS questionnaire. The results showed that before being educated, the majority of respondents experienced moderate (47%) and severe (35%) anxiety. After being given the intervention through a booklet, anxiety levels decreased to mild (47%) and non-anxiety (18%). The results of the Wilcoxon test showed a p-value (0.000) < 0.05, which means that DSME booklet education had a significant effect on reducing anxiety of DM patients in the work area of the South City Health Center because it provided clear, structured, and practical information.

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## INTRODUCTION

Diabetes mellitus (DM) is a disease of metabolic disorders characterized by chronic hyperglycemia (high blood glucose levels) as a result of impaired insulin secretion, insulin working, or both, which causes dysfunction of carbohydrate, fat, and protein metabolism (Sugar et al., 2023).

Based on data from International Diabetes Federation (IDF), in 2021 there were approximately 537 million adults aged 20–79 years with diabetes, with a projected increase of up to 643 million by 2030 (Magliano & Edward J, 2021). Indonesia itself ranks fifth in the world with the number of sufferers reaching 19.5 million people in 2021, a sharp increase compared to the number of sufferers of 10.3 million in 2017 (MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA, 2024).

According to data on the number of people with diabetes mellitus in Gorontalo Province, especially in the Gorontalo City area which ranks third below Boalemo Regency and Bone Bolango Regency which ranks first and second and tends to experience a significant increase Fluctuating because it does not show a significant increase. In contrast, the prevalence of DM cases in Gorontalo City has shown a significant increase over the past three years: 0.49% in 2020, rising to 2.03% in 2021, and again increasing to 2.60% in 2022 (Indonesian Health Survey, 2023).

From the above data, it can be concluded that the increasing prevalence of diabetes mellitus globally, nationally, and regionally shows that DM is an increasingly serious health problem in the community. This indicates that the number of people with DM disease every year is increasingly showing an increase graph both on a global scale and even on a local scale.

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Diabetes mellitus also has an impact on health both physically and psychologically for sufferers. The physical health impacts caused by DM that most often occur are diabetic retinopathy, diabetic nephropathy, and Diabetic neuropathy, (Harris & Mario, 2024).

In addition to having an impact on physical health, diabetes mellitus also has a significant influence on the psychological condition for sufferers, one of the most commonly reported psychological impacts is Emergency. Diabetic patients often experience excessive worry about possible complications, episodes of hypoglycemia, and the inability to control blood sugar levels. Untreated anxiety can worsen quality of life and affect adherence to treatment (Muzembo et al., 2024).

Anxiety is an emotional response that is universal and experienced by all individuals in dealing with situations that are considered threatening, oppressive, or full of uncertainty (Wicaksono et al., 2022) Conceptually, anxiety is different from fear. Anxiety is characterized by feelings of worry, tension, difficulty concentrating, and intrusive thoughts about bad possibilities that will occur.

If not treated appropriately, the anxiety experienced by DM patients can adversely affect adherence to treatment and self-care (Self-care). (Dewi et al., 2023). To overcome anxiety in DM patients, systematic and accessible educational interventions are needed. One effective approach is Diabetes Self Management Education (DSME) as an educational method. The goal is Supporting Informed Decision Making, positive behavioral changes, and improved quality of life in patients with diabetes mellitus (Anggraeni et al., 2023)

The results of the researcher's initial observation on July 2, 2025 in the work area of the South City Health Center showed that the majority of DM patients who were routinely controlled still experienced a fairly high level of anxiety related to their health conditions. Of the 15 patients interviewed, around 7 patients admitted that even though they often participate in Prolanis activities, they still feel worried about possible complications such as diabetic leg injuries, hyperglycemia, and kidney failure due to ignorance of the DM prevention efforts and strategies suffered. Even 3 other patients admitted that they rarely participated in Prolanis activities so that they often felt anxious and even interfered with sleep patterns and daily activities. Another reason is that the education provided by health workers so far tends to be oral and difficult to understand by the three patients, especially elderly patients.

## RESEARCH METHODS

The research was carried out on Diabetes Mellitus Patients in the working area of the South City Health Center. from November 24 to December 15, 2025. This type of quantitative research This type of quantitative research uses a Pre-experimental design with the One Group Pretest-Posttest Design approach. The research sample amounted to 49 respondents who were selected using the Accidental sampling technique. This study uses data analysis with the Wilcoxon statistical test.

## RESEARCH RESULTS

### Characteristics of respondents

Table 1. Characteristics of respondents by age

No	Usia	Jumlah (n)	Presentase (%)
1.	26-35 Tahun (Dewasa awal)	7	14%
2.	36-45 Tahun (Dewasa Akhir)	10	20%
3.	46-55 Tahun (Pra Lansia)	14	29%
4.	56-60 Tahun (Lansia)	18	37%
Total		49	100

Sumber: Data Primer, 2025

Based on the table above, it shows that the 49 respondents studied at the South City Health Center, most of them were 56-60 years old as many as 18 respondents (37%), then followed by respondents aged 46-55 years as many as 14 respondents (29%), the rest were aged 36-45 years as many as 10 respondents (20%), and a small number were aged 26-35 years as many as 7 respondents (14%).

Table 2. Characteristics of respondents by gender

No	Jenis Kelamin	Jumlah (n)	Presentase (%)
1.	Laki-Laki	17	35%
2.	Perempuan	32	65%
Total		49	100

Sumber: Data Primer, 2025

Based on the table above, it shows that 49 respondents were studied at the South City Health Center, most of the respondents were female as many as 32 respondents (65%) and a small number of male respondents as many as 17 respondents (35%).

Table 3. Characteristics of respondents by Last Education

No	Pendidikan Terakhir	Jumlah (n)	Presentase (%)
1.	SD	14	29%
2.	SMP	12	24%
3.	SMA	13	27%
4.	S1	10	20%
<b>Total</b>		<b>49</b>	<b>100</b>

Sumber: Data Primer, 2025

Based on the table above, it shows that the 49 respondents studied at the South City Health Center, most of them were elementary school educated as many as 14 respondents (29%), followed by those with high school education as many as 13 respondents (27%), the rest with junior high school education as many as 12 respondents (24%), and a small number of respondents with S1 education as many as 10 respondents (20%).

Table 4. Characteristics of respondents based on family history of DM sufferers

No	Riwayat Keluarga	Jumlah (n)	Presentase (%)
1.	Tidak ada	24	49%
2.	Ayah	11	23%
3.	Ibu	14	28%
<b>Total</b>		<b>49</b>	<b>100</b>

Sumber: Data Primer, 2025

Based on the table above, it shows that 49 respondents who were studied at the South City Health Center, it was found that most of the respondents did not have a family history of diabetes mellitus as many as 24 respondents (49%), the rest had a history of motherhood as a person with diabetes mellitus as many as 14 respondents (28%), and a small number of respondents had a history of father as a person with diabetes mellitus as many as 11 respondents (23%).

Table 5. Characteristics of respondents based on the length of DM disease suffered

No	Lama Penderita DM	Jumlah (n)	Presentase (%)
1.	≤ 5 Tahun	37	75%
2.	> 5 Tahun	12	25%
<b>Total</b>		<b>49</b>	<b>100</b>

Sumber: Data Primer, 2025

Table 6. Characteristics of respondents based on educational media that have been obtained

No	Media Edukasi	Jumlah (n)	Presentase (%)
1.	Edukasi lisan tanpa media	14	28%
2.	Poster	13	27%
3.	Leaflet	13	27%
4.	Buletin Kesehatan	9	18%
<b>Total</b>		<b>49</b>	<b>100</b>

Sumber: Data Primer, 2025

Based on the table above, it shows that of the 49 respondents who were studied at the South City Health Center, most of the respondents received oral education without media about DM as many as 14 respondents (28%), the rest received Poster educational media as many as 13 respondents (27%), and followed by respondents who received Leaflet educational media as many as 13 respondents (27%), and a small number of respondents received Health Bulletin educational media as many as 9 respondents (18%).

## Univariate Analysis

Table 7. Analysis of anxiety levels before education Diabetes Self Management Booklet

No	Tingkat Kecemasan	Jumlah (n)	Presentase (%)
1.	Kecemasan Ringan	9	18%
2.	Kecemasan Sedang	23	47%
3.	Kecemasan Berat	17	35%
Total		49	100

Sumber: Data Primer, 2025

Based on the table above, it shows that the anxiety level of respondents before the Diabetes Self Management Booklet education was mostly experienced by moderate anxiety levels as many as 23 respondents (47%), followed by respondents who experienced severe anxiety levels as many as 17 respondents (35%), and only a small number of respondents experienced mild anxiety levels as many as 9 respondents (18%).

Table 8. Anxiety level analysis after Diabetes Self-Management Booklet education

No	Tingkat Kecemasan	Jumlah (n)	Presentase (%)
1.	Tidak ada kecemasan	9	18%
2.	Kecemasan Ringan	23	47%
3.	Kecemasan Sedang	17	35%
Total		49	100

Sumber: Data Primer, 2025

Based on the table above, it shows the level of anxiety of respondents After the Diabetes Self Management Booklet education, most of the respondents experienced mild anxiety levels as many as 23 respondents (47%). And followed by respondents who experienced moderate anxiety as many as 17 respondents (35%). and a small number of respondents have not experienced anxiety levels as many as 9 respondents (18%).

## Bivariate Analysis

Table 9. Analysis of the Influence of Diabetes Self-Management Booklet as an Educational Media on Reducing Anxiety Levels in Diabetes Mellitus Patients in the Working Area of the South City Health Center

No	Kelompok	Hasil Uji Statistik					P-Value
		N	Mean	Confidence Interval (95%)	Min-Max	Std-deviation	
1.	Pre-test Pasien DM Sebelum dilakukan edukasi Booklet Diabetes self Management	49	27,30	25,5 -29,0	17-39	6,028	0,000
2.	Post-test Pasien DM Sesudah dilakukan edukasi Booklet Diabetes self Management	49	16,73	15,5 - 17,9	10-25	4,149	
	Selisih		10,57				

Sumber: Data Primer, 2025

Based on the table above, the results of the statistical test analysis using the Wilcoxon test were obtained with a p-value (0.000) < 0.05, then it can be concluded statistically that there is an influence of the Diabetes Self-Management Booklet as an educational medium on reducing the level of anxiety of Diabetes Mellitus patients in the Working Area of the South City Health Center, which means that there is a change in the value of the HARS anxiety assessment score in pre and post educational interventions.

## DISCUSSION

### Anxiety Level Before Diabetes Self-Management Booklet Education for Diabetes Mellitus Patients at the South City Health Center

Based on the results of the study, most of the respondents experienced a moderate level of anxiety. This is evidenced by the data from the research results of the dominance of moderate anxiety levels of 23 respondents (47%). This is influenced by the results of the interpretation carried out by the researcher regarding the respondents' answers to the HARS instrument which still describes the feeling of worry, the inability to manage diabetes mellitus periodically and continuously, and the lack of understanding related to the prevention of diabetes mellitus.

In line with research (Riyadin et al., 2025) suggests that low self-control and limited understanding of the disease indicate a tendency for patients with DM to experience moderate anxiety, which is characterized by emotional tension, sleep disturbances, and excessive worry about the future. Judging from the age characteristics, the majority of 49 respondents were in the late adult to elderly age group (36-70) so this is one of the factors in the increase in the category of moderate anxiety experienced by patients

This is in line with the Report International Diabetes Federation in research (Dovc et al., 2025) which shows that the age range of 40–65 years accounts for the highest proportion of type 2 diabetes cases globally with the scale of the level of anxiety experienced by patients being in the Moderate category with a percentage of 60%. American Diabetes Association It also confirms that the risk of diabetes increases with age due to metabolic and lifestyle changes (Zahra et al., 2025).

The results of the research on the level of anxiety of respondents before education were in the medium category was also supported by the majority of respondents (65%) being women, this shows that the number of female respondents is more dominant than men. Psychologically, women tend to be more expressive in expressing feelings of anxiety and have higher emotional sensitivity than men. In line with (Harbi et al., 2022) suggest that women show higher levels of stress and anxiety related to physical changes and self-care burdens (Self-care) in diabetes management. In line with research (Mery, 2022) stated that 70% of men tend to express anxiety more secretly and rationally, while 30% of women are more open in expressing their concerns.

Based on the results of research before education was carried out that experienced a severe level of anxiety as many as 17 respondents (35%), this is because patients with diabetes mellitus experience a significant psychological burden, characterized by excessive fear, persistent emotional tension, and uncontrollable worries about the course of the disease and possible complications. In line with the results of the study (Ahmadian et al., 2021) which shows that 75% of the population with diabetes mellitus in Teleghani General Hospital experience a level of anxiety in the severe category before attempting treatment due to an excessive mindset towards the DM disease suffered.

From the results of the study before the education was carried out, as many as 9 respondents (18%) experienced a mild level of anxiety, this condition illustrates that patients with diabetes mellitus have a fairly good psychological adaptability in dealing with chronic diseases, although there are still mild concerns that are situational and do not significantly interfere with daily functioning. Mild anxiety in diabetic patients can play an adaptive role as it encourages vigilance and adherence to disease management.

In line with the study of Literature (Stuart et al., 2024) In the context of diabetes mellitus, mild anxiety allows patients to remain able to carry out daily activities, be able to understand basic information about the disease, and have relatively good emotional control. The presence of mild anxiety on the result Pre-test It also shows that some respondents have had sufficient prior knowledge and experience of adaptation to their illnesses. Patients with mild anxiety generally have received basic education, either orally or through simple media, so they have a minimal understanding of diabetes management. This is in line with research (Mestiana et al., 2024) which states that diabetic patients with a basic understanding of the disease and its treatment tend to show anxiety at a mild level before being given follow-up interventions.

### **Anxiety Level Before Diabetes Self-Management Booklet Education for Diabetes Mellitus Patients at the South City Health Center**

Post-intervention Moderate category anxiety can be influenced by the age of the respondents, which is dominated by the pre-elderly and elderly groups, which affects the decline in physical function, increased risk of complications, and limitations in absorbing and remembering new information. The elderly tend to need more intensive repetition and assistance in understanding educational materials, so even though the DSME Booklet helps improve understanding, some respondents still experience concerns about the management of their disease. In accordance with research (Rochester et al., 2024) which states that the elderly and pre-elderly need time to adapt to chronic stressors so that anxiety is more difficult to reduce quickly.

Based on the results of the study, it also shows that mild anxiety is related to increased perception and the increase in new insights. Before education, this category was not dominant enough (18%) However, after education, the number of respondents in this category changed to dominant (47%), which means that the effectiveness of an educational effort encourages a significant change, especially in the points of the HARS statement where respondents feel anxiety and fear starting from ignorance of a disease. The DSM Booklet Education helps turn the source of tension into controllable knowledge.

In line with the Study (Edgerton-Fulton et al., 2025) underlines that the importance of diabetes self-management good. The results of the study found that patients who had a low understanding of how to manage their diabetes tended to be more prone to experiencing higher anxiety, and conversely, interventions that improved Self-management will lower the individual's thought process towards worries about the disease process by reducing it to a mild anxiety level is a natural thing.

This study also found that respondents who changed to not be anxious after education. Although, previously respondents felt anxious in the mild category before education, and this is the main goal of this intervention. The results shown by the data on the emergence of this category are caused by respondents who

previously felt mild anxiety before participating in booklet-based education changed post-education, which means that it shows the success of the DSM booklet in providing a comprehensive and systematic understanding that can be understood by all respondents.

In line with research (Bickett & Tapper, 2022) Significant changes in the behavior of patients with chronic diseases can occur due to the presence of structured sources of information that are easy to understand (such as diet, exercise, stress management, and medications) reduce threat perception and improve self-efficacy (Aslan et al., 2025) Improvement Self-management which is positively correlated with a decrease in anxiety levels in DM patients.

### **The Effect of Diabetes Self-Management Booklet as an Educational Media on Reducing Anxiety Levels in Diabetes Mellitus Patients in the Working Area of the South City Health Center**

According to the results of the researcher's analysis from pre and post, it showed a change in the distribution of anxiety degrees after the administration of the Diabetes Self-Management Booklet intervention. Primary data in Table 4.9 shows that in the post-test the proportion of respondents who did not experience anxiety was 9 people (18%), 23 people (47%) experienced mild anxiety, and 17 people (35%) had moderate anxiety. The group that was in the category of severe anxiety (35%) in the pre-test was no longer detected after the intervention.

Quantitatively, there was a decrease in the average HARS score from mean pre = 27.3061 (Std-deviation = 6.00418) to mean post = 16.7347 (Std-deviation = 4.42425) and obtained Min-Max Pre test values of 17-39 and Post test 10-25. According to the results of the Wilcoxon test, the p-value = 0.00, or < 0.05% resulted in a statistically significant decrease. This means that the Diabetes Self-Management Booklet as an educational medium has an influence on the anxiety level of Diabetes mellitus patients in the work area of the South City Health Center.

The decrease from severe to moderate in this study may reflect the success of the intervention in reducing symptoms hyperarousal or excessive alertness in patients. According to research (Elnaem et al., 2025), structured education helps shift control from the center of emotion and fear to the center of logic. Booklet provide concrete information about diet and physical activity, so that threats that were previously considered uncontrollable turn into manageable conditions. This lowers the intensity of anxiety but does not immediately eliminate it completely because diabetes is a chronic disease that requires long-term lifestyle adaptation. (Supriadin, 2025)

### **CONCLUSION**

The results of the research on the anxiety level of respondents before the Diabetes Self Management Booklet education was carried out, which experienced a mild anxiety level of 9 respondents (18%), who experienced moderate anxiety levels as many as 23 respondents (47%), who experienced severe anxiety levels as many as 17 respondents (35%).

The results of the study on the level of anxiety of respondents After the Diabetes Self Management Booklet education was carried out, 9 respondents (18%), 23 respondents (47%) experienced mild anxiety, and 17 respondents (35%) experienced moderate anxiety.

The results of the research were from mean pre-test = 27.3061 (Std-deviation = 6.00418) to mean post-test = 16.7347 (Std-deviation = 4.42425) and obtained Min-Max Pre test values of 17-39 and Post test 10-25. According to the results of the Wilcoxon test, the p-value = 0.00, or < 0.05% resulted in a statistically significant decrease. This means that the Diabetes Self-Management Booklet as an educational medium has an influence on the anxiety level of Diabetes mellitus patients in the work area of the South City Health Center.

For the Nursing Profession

With the results of this study, it is hoped that nurses can integrate structured education using the Diabetes Self-Management Booklet media as a routine part of nursing care for diabetic patients, considering its effectiveness in improving knowledge, self-care behavior, and reducing anxiety levels.

On behalf of the Puskesmas

It is recommended that the Puskesmas can adopt and implement the Diabetes Self-Management booklet as a standard educational medium for DM patients, because it has been proven to be effective in increasing understanding and reducing the level of anxiety of patients. It is important for the Puskesmas to conduct periodic evaluations of the effectiveness of the educational programs carried out, including patient feedback, anxiety assessments, and monitoring of clinical indicators to improve the quality of services.

For the Next Researcher

Advice for researchers is to compare the effectiveness of booklets with other media such as educational videos, interactive modules, digital applications, or tele-education to see what media is most effective for DM patients. Variables such as family support, coping mechanisms, motivation, and health literacy levels need to be measured in order to understand how these factors affect responses to educational interventions.

Furthermore, those who want to continue this research to be able to look for other factors that relate to and affect the level of OCB, such as subordinate Supervisor Interaction, mood, and Perception of Organization.

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