

## **ABSTRACT**

*Individuals diagnosed with diabetes mellitus must undergo life-long treatment. The phenomenon that occurs is that the number of type II diabetes mellitus sufferers continues to increase from year to year. The condition of the patient's physical illness can affect their psychological aspect. However, optimism can reduce psychological complaints and make life easier and feel happier. The purpose of this study was to determine the relationship between optimism and happiness in type II diabetes mellitus sufferers in North Aceh. The number of samples involved in this study were 98 people. This research uses correlational quantitative method with cross-sectional approach. The sample of this study was selected by nonprobability sampling with purposive sampling technique. Meanwhile, the research instrument used the optimism scale of the happiness scale. Data analysis using Pearson correlation, with an  $r$  value of 0.766 which has a strong relationship. The results of this analysis indicate that there is a significant positive relationship between optimism and happiness in people with type II diabetes mellitus in North Aceh. Thus, the higher the optimism of type II diabetes mellitus sufferers, the higher the level of happiness obtained, so that the research hypothesis is accepted. So it is important for individuals to increase optimism in order to have a high level of happiness. That way, people with type II diabetes mellitus, can live their lives in peace. Further researchers can develop the variable of happiness in patients with type II diabetes mellitus or apply psychological treatment to patients with type II diabetes mellitus in increasing happiness.*

*Keyword : people with type II diabetes mellitus, Optimism, Happiness*