HUBUNGAN KEPATUHAN DIET DAN MONITORING KADAR GULA DARAH DENGAN KADAR GULA DARAH PADA PENDERITA DIABETES MELITUS TIPE 2 RAWAT JALAN DI PUSKESMAS JAGIR SURABAYA

ABSTRAK

Diabetes Melitus merupakan penyakit gangguan metabolik menahun akibat pankreas tidak memproduksi cukup insulin atau tubuh tidak dapat menggunakan insulin yang diproduksi secara efektif, akibatnya terjadi peningkatan konsentrasi glukosa didalam darah (hiperglikemia) (Kemenkes, 2014). Prevalensi Diabetes Melitus terus meningkat di Indonesia. Di wilayah kerja Puskesmas Jagir, penyakit Diabetes Melitus selalu menjadi penyakit yang termasuk dalam 10 penyakit dengan jumlah penderita terbanyak setiap tahunnya. Tujuan penelitian ini adalah untuk mengetahui apakah terdapat Hubungan Kepatuhan Diet dan Monitoring Kadar Gula Darah dengan Kadar Gula Darah pada Penderita Diabetes Melitus Tipe 2 rawat jalan di Puskesmas Jagir Surabaya. Penelitian ini merupakan penelitian analitik observational dengan desain penelitian *cross sectional*. Populasi penelitian ini adalah pasien DM yang berkunjung di Puskesmas Jagir pada bulan September – November 2019 yaitu sebanyak 517 orang. Besar sampel pada penelitian ini sebanyak 52 responden. Teknik pengambilan sampel menggunakan *simple random sampling.* Berdasarkan hasil penelitian, sebagian besar responden tidak patuh terhadap diet 3J (78,85%), sebagian besar patuh memonitoring kadar gula darah (82,69%) & kadar gula darah 2 jam PP responden sebagian besar dalam kategori tinggi (67,31%). Hasil uji *Fisher Exact* menyatakan ada hubungan antara kepatuhan diet 3J dengan kadar gula darah dengan nilai $p = 0,000 < \alpha = 0,05$ & tidak ada hubungan antara kepatuhan monitoring kadar gula darah dengan kadar gula darah penderita Diabetes Melitus Tipe 2 rawat jalan di Puskesmas Jagir dengan nilai $p = 0,24 > \alpha = 0,05$. Diperlukan peningkatan edukasi gizi bagi Penderita Diabetes Melitus oleh tenaga gizi Puskesmas agar lebih patuh terhadap diet yang dianjurkan.

Kata Kunci : *Diabetes melitus, Kadar Gula Darah, Kepatuhan Diet, Monitoring Kadar Gula Darah.*

RELATIONSHIP OF DIET COMPLIANCE AND MONITORING BLOOD SUGAR LEVELS WITH BLOOD SUGAR LEVELS IN PATIENTS WITH DIABETES MELLITUS TYPE 2 OUTPATIENT IN PUSKESMAS JAGIR SURABAYA

ABSTRACT

Diabetes Mellitus is a chronic metabolic diseases caused by the pancreas doesn't produce enough insulin or the body can't use insulin that produced effectively, consequently there is an increase in glucose concentration in the blood (hyperglycemia) (Kemenkes, 2014). The prevalence of Diabetes mellitus continues to increase in Indonesia. In Puskesmas Jagir, Diabetes mellitus disease has always been a disease that is included in the 10 diseases with the most number of sufferers each year. The purpose of this research is to find out if there is a Diet compliance relationship and Monitoring of blood sugar level with blood sugar levels in Type 2 diabetes outpatient in Puskesmas Jagir Surabaya. This research is an observational analytical study with cross sectional research design. The population of this research is a DM patient who visited in Jagir Puskesmas in September – November 2019, which was 517 people. Large samples on this study were as much as 52 respondents. Sampling techniques use *simple random sampling.* Based on research results, most of the respondents were disobedient to the 3J diet (78.85%), most obedient to the monitoring of blood sugar levels (82.69%) & blood sugar levels of 2 hours PP respondents are largely in the high category (67.31%). The results of the *Fisher Exact Test* stated there is a relationship between the 3J dietary compliance with blood sugar levels with a value of $P = 0.000 < \alpha = 0.05$ & there is no relationship between monitoring compliance of blood sugar levels with blood sugar levels of diabetics Type 2 outpatient in Jagir Puskesmas with a value of $P = 0.24 > \alpha = 0.05$. It is necessary to increase nutrition education for Diabetes patient by nutritionist to be more obedient to the recommended diet.

Keywords: *Diabetes mellitus, blood sugar level, Diet compliance, Monitoring of blood glucose.*