

ABSTRAK

PENGARUH EDUKASI DIET DIABET TERHADAP KEPATUHAN DIET PASIEN DIABETES MELLITUS DI PUSKESMAS MOJO SURABAYA

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Kepatuhan diet yang buruk mengakibatkan kadar glukosa didalam darah menjadi meningkat. Hal ini dapat mengakibatkan perburukan kondisi penderita Diabetes Mellitus yang memicu munculnya penyakit lain. Penelitian ini bertujuan mengetahui pengaruh edukasi diet diabetes terhadap kepatuhan diet menggunakan media *booklet* pasien penderita diabetes mellitus di Puskesmas Mojo Surabaya. Desain penelitian yang digunakan adalah *pre-eksperimental* dengan *One-Group Pretest-Posttest Design*. Populasi penelitian yaitu seluruh penderita diabetes mellitus tipe 2 di Puskesmas Mojo Surabaya yang aktif melakukan kontrol selama 3 bulan terakhir yang berjumlah 30 orang. Sampel penelitian berjumlah 28 orang yang dipilih secara *probability sampling* dengan bersasarkan kriteria inklusi dan eksklusi. Analisa data dalam penelitian ini menggunakan uji statistic non parametrik dengan *Wilcoxon Signed Rank Test*. Hasil uji *Wilcoxon* menunjukkan nilai *p Value* pada masing-masing variabel kepatuhan < 0.05 yang menunjukkan terdapat pengaruh antara pemberian edukasi kesehatan menggunakan *booklet* terhadap tingkat kepatuhan diet pasien diabetes mellitus yang meliputi kepatuhan jumlah makanan, kepatuhan jenis makanan, serta kepatuhan jadwal makan.

Kata Kunci : Diabetes Mellitus, Edukasi Kesehatan, Kepatuhan, Diet

ABSTRACT

THE EFFECT OF DIABETIC DIET EDUCATION ON DIETARY COMPLIANCE OF PATIENTS WITH DIABETES MELLITUS AT MOJO HEALTH CENTRE SURABAYA

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Poor dietary adherence results in elevated blood glucose levels. This can lead to worsening of the condition of people with Diabetes Mellitus which triggers the emergence of other diseases. This study aims to determine the effect of diabetes diet education on dietary compliance using booklet media for patients with diabetes mellitus at Mojo Surabaya Health Centre. The research design used was pre-experimental with One-Group Pretest-Posttest Design. The study population was all patients with type 2 diabetes mellitus at Puskesmas Mojo Surabaya who actively controlled for the last 3 months, totalling 30 people. The study sample was 28 people selected by probability sampling based on inclusion and exclusion criteria. Data analysis in this study used non-parametric statistical tests with the Wilcoxon Signed Rank Test. The results of the Wilcoxon test show the p value on each compliance variable <0.05 , which shows that there is an influence between the provision of health education using booklets on the level of dietary compliance of patients with diabetes mellitus which includes compliance with the amount of food, compliance with the type of food, and compliance with the meal schedule.

Keywords : Diabetes Mellitus, Health Education, Compliance, Diet