

Program Studi S1 Keperawatan
STIKes MERCUBAKTIJAYA PADANG
Skripsi, Agustus 2023

Dia Permata

Hubungan Kepatuhan Diet Dengan Kadar Gula Darah Pada Pasien Diabetes Melitus Tipe 2 Di Puskesmas Andalas Kota Padang Tahun 2022/2023

X + 79 Halaman + 5 Tabel + 3 Skema + 13 Lampiran

ABSTRAK

Menurut WHO Indonesia menempati peringkat ke tujuh diperkirakan meningkat mencapai 16,6 juta pada tahun 2045. Akibat diabetes melitus menimbulkan komplikasi seperti hipertensi, katarak, dan gangren. Dalam penanggulangan diabetes melitus terdiri dari lima pilar yaitu manajemen diet, latihan fisik (olah raga), pemantauan kadar gula darah, terapi farmakologi, pendidikan kesehatan. Diet diabetes melitus merupakan bagian penting dari penanggulangan diabetes melitus. Dampak pasien yang tidak mematuhi pelaksanaan diet menyebabkan kadar gula tidak terkontrol. Tujuan penelitian ini untuk mengetahui hubungan kepatuhan diet dengan kadar gula darah pada pasien diabetes melitus tipe 2.

Jenis penelitian *deskriptif analitik* dengan pendekatan *cross sectional*. Pengumpulan data pada bulan Desember sampai Agustus 2023. Populasi seluruh pasien diabetes melitus tipe 2 di Puskesmas Andalas Kota Padang dengan jumlah sampel 81 responden. Teknik *accidental sampling*, data analisis secara univariat dan bivariat dengan menggunakan uji statistik *chi-square*.

Hasil penelitian lebih dari separoh (60,5%) pasien tidak patuh dalam menjalankan diet diabetes melitus tipe 2 dan lebih dari separoh (60,5%) pasien dengan kadar gula tidak terkontrol. Hasil dari analisa bivariat adanya hubungan kepatuhan diet dengan kadar gula darah pada pasien diabetes melitus tipe 2 di Puskesmas Andalas Kota Padang nilai p value =0,000 ($p \leq 0,05$).

Kesimpulan adanya hubungan kepatuhan diet dengan kadar gula darah pada pasien diabetes melitus tipe 2 di Puskesmas Andalas Kota Padang. Disarankan petugas kesehatan memberikan edukasi pentingnya bagi pasien untuk mematuhi kepatuhan diet sehingga dapat menormalkan kadar gula darah.

Kata Kunci :Diabetes Melitus Tipe 2, Kepatuhan Diet, Kadar Gula Darah

Bachelor of Nursing Study Program

STIKes MERCUBAKTIJAYA PADANG

Thesis, August 2023

Dia Permata

The Relationship between Diet Compliance and Blood Sugar Levels in Type 2 Diabetes Mellitus Patients at the Andalas Health Center in Padang City in 2022/2023

X + 79 Pages + 5 Tables + 3 Schematics + 13 Appendices

ABSTRACT

According to WHO, Indonesia is ranked seventh and is expected to increase to 16.6 million in 2045. DM causes complications such as hypertension, cataracts and gangrene. The management of DM consists of five pillars, namely diet management, physical exercise (exercise), monitoring of blood sugar levels, pharmacological therapy, health education. The DM diet is an important part of DM management. The impact of patients who do not comply with the implementation of the diet causes uncontrolled sugar levels. The purpose of this study was to determine the relationship between dietary adherence and blood sugar levels in patients with type diabetes mellitus.

This type of analytic descriptive research with a cross sectional approach. Data collection was from December to August 2023. The population was all DMT2 patients at the Andalas Health Center in Padang City with a total sample of 81 respondents. Accidental sampling technique, univariate and bivariate analysis of data using the chi-square statistical test.

The results of the study were more than half (60.5%) of patients who were not compliant with the DMT2 diet and more than half (60.5%) of patients with uncontrolled sugar levels. The results of the bivariate analysis showed that there was a relationship between dietary compliance and blood sugar levels in DMT2 patients at the Andalas Health Center, Padang City, with a p value = 0.000 ($p \leq 0.05$).

The conclusion is that there is a relationship between dietary compliance and blood sugar levels in DMT2 patients at Andalas Health Center, Padang City. It is recommended that health workers provide important education for patients to comply with dietary compliance so that they can normalize blood sugar levels.

Keywords: Type 2 Diabetes Mellitus, Diet Compliance, Blood Sugar Levels

