

ABSTRAK

PENGARUH *SELF-MANAGEMENT EDUCATION* TERHADAP KEPATUHAN DIET PENDERITA DIABETES MELITUS TIPE 2 DI WILAYAH KERJA PUSKEMAS MANDING

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Penyakit degeneratif merupakan penyakit yang saat ini menjadi masalah utama baik di Negara maju maupun berkembang, termasuk Indonesia. Pola hidup yang tidak sehat adalah penyebab utama penyakit degeneratif. Salah satu jenis penyakit degeneratif yang tidak menular adalah Diabetes Mellitus Tujuan penelitian ini yaitu untuk mengetahui Pengaruh *self-management education* terhadap kepatuhan diet penderita diabetes melitus tipe 2 di Wilayah Puskesmas Manding. Penelitian ini menggunakan metode kuantitatif dengan desain *Pra-Eksperimental* (Pre Test-Post Test). Populasi pada penelitian ini sebanyak 323 Penderita dengan tehnik pengambilan sampel sesuai kriteria peneliti dan menggunakan *Probability-simple random sampling* dengan skala *ordinal* diperoleh sebanyak 74 responden. Penelitian dilaksanakan di Wilayah Puskesmas Manding pada bulan Januari – Juni 2024. Analisis peneitian ini yaitu menggunakan uji *wilcoxom*. Hasil penelitian didapatkan frekuensi kepatuhan sebelum diberikan edukasi memiliki nilai rata-rata 50 dan frekuensi kepatuhan setelah diberikan edukasi memiliki nilai rata-rata 81 Hasil uji hasil uji *wilcoxon sign rank test* dengan *spss for windows* dengan menggunakan tingkat kemaknaan $\alpha = 0,05$ didapatkan nilai $p = 0,000$ ($p < 0,05$) maka H_0 ditolak, yang berarti ada pengaruh pemberian edukasi terhadap kepatuhan diet penderita diabetes melitus tipe 2 di Wilayah Puskesmas Manding. Penderita diabetes melitus tipe 2 diharapkan mempertahankan *self-management education* yang baik yaitu dengan selalu mengintegrasikan dan meregulasi diri menjadi lebih baik dalam menjaga kesehatan, berdiskusi/memeriksakan diri mengenai penyakit diabetes melitus yang diderita, memantau gula darah sehingga mengurangi memburuk kondisi penyakitnya dan dapat meningkatkan kepatuhan diet serta yang disarankan oleh tenaga kesehatan.

Kata kunci: Diabets melitus tipe 2, *self-management education*, Kepatuhan diet.

ABSTRACT

THE INFLUENCE OF SELF-MANAGEMENT EDUCATION ON DIET COMPLIANCE IN PATIENTS WITH TYPE 2 DIABETES MELLITUS IN THE WORKING DI WILAYAH KERJA AREA OF THE MANDING PUSKEMAS

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Introduction: Degenerative diseases are diseases that are currently a major problem in both developed and developing countries, including Indonesia. An unhealthy lifestyle is the main cause of degenerative diseases. One type of degenerative disease that is not contagious is Diabetes Mellitus. The aim of this research is to determine the effect of self-management education on diet compliance in type 2 diabetes mellitus sufferers in the Manding Community Health Center area. **Method:** This research uses quantitative methods with a Pre-Experimental design (Pre Test-Post Test). The population in this study was 323 sufferers. The sampling technique was according to the researcher's criteria and using Probability-simple random sampling with an ordinal scale, 74 respondents were obtained. The research was carried out in the Manding Community Health Center area in January – June 2024. The analysis of this research used the Wilcoxon test. **Results:** The research results showed that the frequency of compliance before being given education had an average value of 50 and the frequency of compliance after being given education had an average value of 81. The results of the Wilcoxon Sign Rank Test with SPSS for Windows using a significance level of $\alpha = 0.05$ were obtained. p value = 0.000 ($p < 0.05$) then H_0 is rejected, which means there is an influence of providing education on diet compliance in type 2 diabetes mellitus sufferers in the Manding Community Health Center Area. **Conclusion:** Type 2 diabetes mellitus sufferers are expected to maintain good self-management education, namely by always integrating and regulating themselves to be better at maintaining health, discussing/examining themselves about the diabetes mellitus they suffer from, monitoring blood sugar so as to reduce worsening of the condition of the disease and can improve dietary compliance as well as those recommended by health workers.

Keywords: Diabetes mellitus type 2, self-management education, Dietary compliance.