

**PENGARUH EDUKASI GIZI BERBASIS WEBSITE *NUTRES CARE*
DIBANDINGKAN DENGAN LEAFLET TERHADAP KEPATUHAN
DIET (3J) PASIEN DIABETES MELITUS TIPE 2 DI PUSKESMAS
GODEAN I DAN II**

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ABSTRAK

Latar Belakang: Diabetes Mellitus (DM) adalah gangguan metabolisme kronis dengan tingkat gula darah tinggi, dengan prevalensi 2% di Indonesia atau sekitar 713.783 jiwa. Kualitas layanan kesehatan, sikap petugas kesehatan, gaya hidup pasien, dan edukasi berperan penting dalam pengobatan DM. Pengetahuan tentang diet 3J, aktivitas fisik, obat, dan pemantauan glukosa darah sangat penting untuk mengelola DM. Edukasi adalah fondasi utama untuk promosi gaya hidup sehat serta pencegahan dan manajemen diabetes. Edukasi yang baik dapat meningkatkan kepatuhan diet 3J pada penderita diabetes. Beberapa media yang dapat digunakan untuk meningkatkan kepatuhan adalah website dan leaflet. Media seperti website dan leaflet efektif untuk pendidikan gizi, menjembatani kesenjangan antara sumber daya kesehatan yang terbatas dan permintaan pendidikan gizi diabetes yang meningkat.

Tujuan: Untuk mengetahui pengaruh edukasi gizi berbasis website Nutres Care dibandingkan dengan leaflet terhadap kepatuhan diet 3J (Jumlah, Jenis dan Jadwal) pasien diabetes melitus tipe 2 di Puskesmas Godean I dan II

Metode: Penelitian ini merupakan penelitian dengan jenis penelitian kuasi eksperimental dengan metode *pretest-posttest with control group design*. Perhitungan sampel menggunakan rumus Lemeshow dengan teknik *purposive sampling* sehingga didapatkan jumlah sampel 54 responden. Penilaian kepatuhan diet menggunakan SQFFQ. Sampel diberikan edukasi menggunakan website Nutres Care dan Leaflet. Edukasi dilakukan dua kali dalam rentang waktu satu minggu. Analisis data menggunakan Uji *Chi Square* dan Uji Koefisien Kontigensi.

Hasil: Hasil analisis *Chi Square* diperoleh nilai $p=0,019$ ($p<0,05$) dan Uji Koefisien Kontigensi diperoleh nilai 0,408 tergolong tingkat hubungan sedang.

Kesimpulan: Ada pengaruh edukasi gizi berbasis website Nutres Care dibandingkan dengan leaflet terhadap kepatuhan diet 3J pasien diabetes melitus tipe 2.

Kata kunci: Edukasi, Website, *Nutres Care*, Kepatuhan, Diet

THE INFLUENCE OF NUTRITION EDUCATION BASED ON NUTRES CARE WEBSITE COMPARED TO LEAFLET ON DIET COMPLIANCE (3J) OF TYPE 2 DIABETES MELLITUS PATIENTS AT GODEAN I AND II COMMUNITY HEALTH CENTERS

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ABSTRACT

Background: Diabetes Mellitus (DM) is a chronic metabolic disorder characterized by high blood sugar levels, with a prevalence of 2% in Indonesia, affecting approximately 713,783 individuals. The quality of healthcare services, attitudes of healthcare professionals, patient lifestyles, and education play crucial roles in DM management. Knowledge about the 3J diet, physical activity, medication, and blood glucose monitoring is essential for effective DM management. Education serves as the cornerstone for promoting a healthy lifestyle and for the prevention and management of diabetes. Proper education can enhance adherence to the 3J diet among diabetic patients. Various media, such as websites and leaflets, can be used to improve compliance. These educational tools are effective for nutritional education, bridging the gap between the limited healthcare resources and the increasing demand for diabetes nutritional education.

Objective: To determine the influence of nutrition education based on the Nutres Care website compared to leaflets on adherence to the 3J diet (Amount, Type, and Schedule) among type 2 diabetes mellitus patients at Godean I and II Community Health Centers.

Methods: This study is quasi-experimental research with a pretest-posttest with control group design method. Sample calculation was done using the Lemeshow formula with purposive sampling technique, resulting in a sample size of 54 respondents. Diet compliance assessment was conducted using SQFFQ. The sample was treated with education using the Nutres Care website and Leaflet. Education was conducted twice within a one-week period. Data Analysis Using Chi-Square Test and Contingency Coefficient Test

Results: The Chi-Square test results showed a p-value of 0.019 ($p < 0.05$), and the Contingency Coefficient Test showed a value of 0.408, indicating a moderate association.

Conclusion: There is an influence of nutrition education based on the Nutres Care website compared to leaflets on the adherence to the 3J diet among type 2 diabetes mellitus patients.

Keyword: Education, Website, *Nutres Care*, Diet, Compliance