

PERBEDAAN TINGKAT KEPATUHAN DIET PASIEN DM TIPE 2
BERDASARKAN PENGGUNAAN MEDIA EDUKASI GIZI DI
PUSKESMAS GAMPING 1 DAN PUSKESMAS MOYUDAN

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ABSTRAK

Latar Belakang: Menurut Riskesdas prevalensi DM di Indonesia pada tahun 2018 berdasarkan diagnosis dokter yaitu 2,0% dan di DI Yogyakarta prevalensinya 3,0%. Upaya meningkatkan kepatuhan pasien terhadap pengobatannya dilakukan melalui pendidikan kesehatan kepada pasien. Edukasi tentang perencanaan makan 3J kepada penderita DM sebagai bagian dari upaya mencegah kondisi penderita yang semakin memburuk dan mencegah timbulnya komplikasi.

Tujuan Penelitian: Mengetahui perbedaan peningkatan kepatuhan diet pasien DM tipe 2 berdasarkan penggunaan media edukasi gizi kartu aksi 3J dan leaflet diabetes.

Metode Penelitian: Jenis penelitian ini adalah *quasi eksperiment* dengan metode *pretest-posttest with control group design*. Penelitian dilakukan pada bulan Maret 2021. Variabel perlakuan yaitu jenis media edukasi gizi *Kartu Aksi 3J* dan leaflet diabetes kemudian variabel terikatnya yaitu kepatuhan diet DM 3J. Sebanyak 64 penderita dinilai kepatuhan dietnya menggunakan *food recall* 24 jam. Dalam rentang waktu 2 minggu dilakukan edukasi kembali sebanyak 2 kali. Dikatakan patuh apabila penderita dapat mengikuti minimal dua standar diet 3J, dikatakan tidak patuh apabila penderita hanya mengikuti satu standar diet 3J. Analisis data berupa hasil *pretest* dan *posttest* recall 24 jam menggunakan uji *Wilcoxon* dan untuk nilai rata-rata skor kepatuhan sesudah perlakuan antara kedua kelompok dilakukan *Uji Mann Whitney*.

Hasil Penelitian: Ada peningkatan kepatuhan diet pasien diabetes melitus tipe 2 setelah edukasi menggunakan kartu aksi 3J sebesar 37,5%. Ada peningkatan kepatuhan diet pasien diabetes melitus tipe 2 menggunakan leaflet diabetes sebesar 9,4%. Ada peningkatan kepatuhan diet pasien diabetes melitus tipe 2 dalam edukasi gizi menggunakan kartu aksi 3J dan leaflet diabetes. Terdapat perbedaan kepatuhan diet sesudah diberikan edukasi gizi antara kelompok kartu dan kelompok leaflet dengan nilai $p=0,001$ ($p<0,05$)

Kesimpulan: Ada perbedaan peningkatan kepatuhan diet pasien DM tipe 2 dalam edukasi gizi menggunakan kartu aksi 3J dan leaflet diabetes.

Kata Kunci: Diabetes Melitus, Kepatuhan, Edukasi, Kartu, Leaflet.

DIFFERENCES IN THE DIET COMPLIANCE LEVEL OF TYPE 2 DM PATIENTS BASED ON THE USE OF NUTRITION EDUCATION MEDIA IN GAMPING 1 PUSKESMAS AND MOYUDAN PUSKESMAS

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ABSTRACT

Background: According to Riskesdas the prevalence of DM in Indonesia in 2018 based on doctor's diagnosis was 2.0% and in DI Yogyakarta the prevalence was 3.0%. Efforts to improve patient compliance with treatment are carried out through health education to patients. Education about meal planning 3J to DM patients as part of efforts to prevent the patient's condition from getting worse and prevent complications.

Objective: To find out the difference in increasing dietary compliance of type 2 DM patients based on the use of nutrition education media 3J action cards and diabetes leaflets.

Methods: This type of research is a quasi-experimental with a pretest-posttest method with control group design. The study was conducted in March 2021. The treatment variable is the type of nutrition education media 3J Action Card and diabetes leaflet then the dependent variable is 3J DM diet compliance. A total of 64 patients were assessed for dietary compliance using a 24-hour food recall. Within a span of 2 weeks, re-education was carried out 2 times. It's said to be compliant if the patient can follow at least two 3J dietary standards, said to be non-compliant if the patient only follows one 3J dietary standard. Analysis of the data in the form of the results of pretest and posttest 24-hour recall using the Wilcoxon test and for the average value of the adherence score after treatment between the two groups, the Mann Whitney test was carried out.

Results: There was an increase in dietary adherence of patients with type 2 diabetes mellitus after education using the 3J action card by 37.5%. There was an increase in dietary compliance of patients with type 2 diabetes mellitus using diabetes leaflets by 9.4%. There is an increase in dietary compliance of patients with type 2 diabetes mellitus in nutrition education using the 3J action card and diabetes leaflet. There is a difference in diet compliance after being given nutrition education between the card group and the leaflet group with a value of $p = 0.001$ ($p < 0.05$)

Conclusion: There are differences in the increase in dietary adherence of type 2 DM patients in nutrition education using the 3J action card and diabetes leaflet.

Keywords: Diabetes Mellitus, Compliance, Education, Cards, Leaflets.