

PENGARUH MEDIA BOOKLET TERHADAP TINGKAT KEPATUHAN DIET PASIEN DIABETES MELLITUS TIPE-2 DI PUSKESMAS GAMPING II

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ABSTRAK

Latar Belakang: Kepatuhan diet merupakan salah satu kunci dari keberhasilan dalam penatalaksanaan penyakit diabetes melitus. Hal tersebut dikarenakan perencanaan makan merupakan salah satu dari 4 pilar utama dalam pengelolaan diabetes melitus. Pemberian informasi melalui konseling dan menggunakan booklet dapat meningkatkan perilaku patuh pasien diabetes mellitus tipe 2.

Tujuan: Diketuainya Pengaruh Media Booklet Terhadap Tingkat Kepatuhan Diet Pasien Diabetes Melitus Tipe 2 di Puskesmas Gamping II.

Metode: Penelitian ini merupakan penelitian *Quasy Experimental Designs* dengan *Pre-Post Test With Control Design*. Teknik pengambilan sampel menggunakan *Purposive Sampling*. Sampel yang digunakan merupakan Pasien Diabetes Melitus Tipe 2 di Puskesmas Gamping II berjumlah 62 responden. Uji statistik menggunakan *wilcoxon signed ranks test* dan *Mann-Whitney*.

Hasil: Penelitian ini menunjukkan bahwa terdapat 77,4% responden yang tidak patuh terhadap diet diabetes melitus dari hasil nilai *pre-test*, Setelah diberikan pendidikan kesehatan menggunakan Media Booklet responden mengalami peningkatan kepatuhan diet sebanyak 77,4%. Hasil uji statistik menunjukkan *P.Value* 0,000 ($P < 0,05$). Sehingga ada pengaruh media booklet terhadap tingkat kepatuhan diet diabetes melitus tipe 2 di Puskesmas Gamping II.

Kesimpulan: Media Booklet berpengaruh terhadap kepatuhan diet pasien diabetes melitus tipe 2 di Puskesmas Gamping II.

Kata Kunci: Diabetes Melitus tipe 2 , Media Booklet, Kepatuhan Diet.

THE EFFECT OF MEDIA BOOKLET ON THE LEVEL OF DIETARY ADHERENCE OF DIABETIC MELLITUS PATIENTS TYPE-2 AT PUSKESMAS GAMPING II

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ABSTRACT

Background: Dietary adherence is one of the keys to success in managing diabetes melitus. This is because meal planning is one of the four main pillars in the management of diabetes melitus. Providing information through counseling and using booklets can improve the obedient behavior of patients with type 2 diabetes mellitus.

Objective: Knowing the effect of media booklet on the level of dietary compliance of type 2 diabetes mellitus patients at Puskesmas Gamping II .

Methods: This research is quasy experimental designs with pre-post test with control design. The sampling techniques use Purposive Sampling. The sample used was a Type 2 Diabetes Mellitus Patient at puskesmas Gamping II amounting to 62 respondents. Statistical test using wilcoxon signed ranks test and Mann-Whitney.

Results: This study showed that there were 77.4% of respondents who did not comply with the diabetes melitus diet from the results of pre-test scores, After being given health education using Media Booklet respondents experienced an increase in dietary compliance by 77.4%. The Statistical test results showed a P.Value of 0.000 ($P < 0.05$). So there is an influence of media booklet on the level of compliance with the type 2 diabetes mellitus diet at puskesmas Gamping II.

Conclusion: Media Booklet affects the dietary adherence of patients with type 2 diabetes mellitus at Puskesmas Gamping II.

Keywords: Type 2 diabetes mellitus, Media Booklet, Dietary Compliance.