

Hubungan Kepatuhan Diet dan Dukungan Keluarga terhadap Kadar Gula Darah Sewaktu bagi Penderita Diabetes Melitus Tipe 2 (Puskesmas Sumberberas Kabupaten Banyuwangi) (Relationship between Dietary Compliance and Family Support on Blood Sugar Levels for Patients with Type 2 Diabetes Mellitus (Puskesmas Sumberberas Banyuwangi Regency))

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ABSTRACT

Diabetes mellitus (DM) is a disease with impaired insulin sensitivity or insulin secretion disorders that occurs because the body is no longer able to produce enough insulin to compensate for the increase of insulin. Patients with type 2 diabetes mellitus must pay attention to their diet compliance in accordance with 3J (Amount, Schedule, Type). Apart from dietary compliance, family support is an important factor in controlling blood sugar levels. The purpose of this study was to analyze dietary compliance and family support on blood sugar levels for patients with type 2 diabetes at Puskesmas Sumberberas. The design of this study used a *cross sectional* design with a population of 44 people. The research sampling technique uses a sample quota. The instruments used were form food recall 24 hours and form family support. Statistical analysis using SPSS 25 with Spearman test. The results showed that the *p-value* > 0.005 for the amount of intake (energy, protein, carbohydrates) and the type of food intake, while the *p-value* for the amount of intake (fat), meal schedule and family support with current blood sugar levels *p-value* < 0.005 . The conclusion of this study is that dietary compliance is obtained from 3J (there is no relationship between the amount of intake (energy, protein, carbohydrates) with blood sugar levels, there is a relationship between the amount of intake (fat) where the higher the intake of fat, the higher the blood sugar levels when, the more obedient to the eating schedule, and good family support, the lower the blood sugar levels).

Keywords : Blood sugar level, Diabetes Mellitus, Diet compliance, Family support