

The Relation of Nutrition Counseling on Levels of Knowledge and Dietary Compliance in DM Type 2 Patients (Case Study of Inpatients at RSI Garam Kalianget, Sumenep Regency).

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ABSTRACT

Diabetes mellitus type 2 is a disease due to the progressive loss of adequate -cell insulin secretion often against a background of insulin resistance. The purpose of this study was to determine the relationship between the provision of nutritional counseling to the level of knowledge and dietary compliance in patients with type 2 Diabetes Mellitus at the Garam Kalianget Hospital, Sumenep Regency. This study used a cross sectional study with a pretest posttest control group design. Taking the subject using probability sampling and obtained the subject of 64 respondents. The independent variable of this study is nutritional counseling and the dependent variable is the level of knowledge and dietary compliance. Assessment of nutritional counseling using a general data checklist form, level of knowledge using a questionnaire, and dietary compliance using a 24-hour recall form. Data analysis of the distribution of respondents characteristics showed that the majority in the counseling and non-counseling groups were female by 59.4% and 56.8%; the majority in the counseling group with low education (SD) is 37.5 and in the non-counseling group with higher education (bachelor/diploma) it is 25.1%; the majority do not work in the counseling group and do not do counseling by 40.7% and 46.9%, respectively. Bivariate data analysis using the Kolmogorov Smirnov test with an alpha of 0.05 showed that there was a relationship between nutritional counseling and the level of knowledge ($p = 0.001$). Bivariate data analysis using the Chi Square test with an alpha of 0.05 showed that there was a relationship between nutritional counseling and dietary compliance based on 3J ($p = 0.045$) and based on Mann Whitney data analysis with an alpha of 0.05 there was a significant difference in the results of the pretest and posttest treatment groups ($p = 0.026$) DM type 2 patient at RSI Garam Kalianget.

Keywords : Diabetes Mellitus Type 2, Diet Compliance, Nutrition Counseling, Knowledge Level