

ABSTRAK

HUBUNGAN KEPATUHAN DIET DENGAN KADAR GULA DARAH PADA PASIEN DIABETES MELLITUS

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Diabetes Mellitus (DM) merupakan penyakit kronis yang memerlukan pengelolaan secara berkelanjutan untuk mempertahankan kadar glukosa darah dalam batas terkendali. Kepatuhan terhadap diet menjadi salah satu komponen penting dalam pengelolaan DM, terutama melalui penerapan prinsip jumlah, jenis, dan jadwal makan. Penelitian ini bertujuan untuk mengetahui hubungan kepatuhan diet dengan kadar gula darah pada pasien Diabetes Mellitus di Puskesmas Sooko. Penelitian ini menggunakan metode kuantitatif dengan desain deskriptif korelasional dan pendekatan *cross-sectional*. Populasi penelitian berjumlah 1.894 pasien DM tipe 2 dengan sampel sebanyak 95 responden yang dipilih menggunakan teknik *purposive sampling*. Kepatuhan diet diukur menggunakan *Perceived Dietary Adherence Questionnaire* (PDAQ), sedangkan kadar gula darah diukur menggunakan glukometer. Analisis data dilakukan menggunakan uji Spearman Rank dengan tingkat kemaknaan $\alpha = 0,05$. Sebagian besar responden memiliki tingkat kepatuhan diet dalam kategori cukup patuh, yaitu 47 responden (49,5%), diikuti kategori tidak patuh sebanyak 32 responden (33,7%) dan patuh sebanyak 16 responden (16,8%). Kadar gula darah mayoritas berada dalam kategori normal sebanyak 64 responden (67,4%), sedangkan 28 responden (29,5%) mengalami hiperglikemia dan 3 responden (3,2%) mengalami hipoglikemia. Hasil uji Spearman Rank menunjukkan terdapat hubungan yang signifikan antara kepatuhan diet dengan kadar gula darah dengan nilai koefisien korelasi $r = -0,361$ dan $p < 0,001$. Terdapat hubungan negatif yang signifikan dengan kekuatan hubungan lemah antara kepatuhan diet dan kadar gula darah pada pasien Diabetes Mellitus di Puskesmas Sooko. Semakin baik kepatuhan diet, semakin rendah kecenderungan kadar gula darah berada pada kategori yang tidak terkendali. Edukasi dan pendampingan diet secara berkelanjutan diperlukan untuk mendukung pengendalian kadar gula darah pada pasien Diabetes Mellitus.

Kata kunci: Diabetes Mellitus, kepatuhan diet, kadar gula darah, PDAQ, GDS.

ABSTRACT

THE RELATIONSHIP BETWEEN DIETARY ADHERENCE AND BLOOD SUGAR LEVELS IN PATIENTS WITH DIABETES MELLITUS

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Diabetes Mellitus (DM) is a chronic disease that requires continuous management to maintain blood glucose levels within a controlled range. Dietary adherence is an important component of diabetes management, particularly through the application of the principles of appropriate food quantity, type, and meal schedule. This study aimed to determine the relationship between dietary adherence and blood glucose levels among patients with Diabetes Mellitus at Sooko Public Health Center. This study employed a quantitative method with a descriptive-correlational design and a cross-sectional approach. The study population consisted of 1,894 patients with type 2 Diabetes Mellitus, with a sample of 95 respondents selected using purposive sampling. Dietary adherence was measured using the *Perceived Dietary Adherence Questionnaire* (PDAQ), while blood glucose levels were measured using a glucometer. Data were analyzed using the Spearman Rank correlation test with a significance level of $\alpha = 0.05$. The majority of respondents had a moderate level of dietary adherence, consisting of 47 respondents (49.5%), followed by 32 respondents (33.7%) with poor dietary adherence and 16 respondents (16.8%) with good dietary adherence. Most respondents had normal blood glucose levels, totaling 64 respondents (67.4%), while 28 respondents (29.5%) had hyperglycemia and 3 respondents (3.2%) had hypoglycemia. The Spearman Rank test indicated a significant relationship between dietary adherence and blood glucose levels, with a correlation coefficient of $r = -0.361$ and $p < 0.001$. There was a significant negative relationship with a weak correlation between dietary adherence and blood glucose levels among patients with Diabetes Mellitus at Sooko Public Health Center. Better dietary adherence was associated with a greater tendency toward lower and more controlled blood glucose levels. Continuous dietary education and support are recommended to help maintain blood glucose control among patients with Diabetes Mellitus.

Keywords: Diabetes Mellitus, dietary adherence, blood sugar levels, PDAQ, GDS.