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HUBUNGAN ANTARA PENGETAHUAN DENGAN KEPATUHAN DIET PADA PENDERITA DIABETES MELITUS DI MASA PANDEMI COVID-19 PUSKESMAS SURUH KABUPATEN SEMARANG

ABSTRAK

Latar Belakang : Masalah kesehatan yang dihadapi Indonesia saat ini dipengaruhi oleh gaya hidup, pola makan, faktor lingkungan kerja, olahraga dan stressor. Sejak merebaknya pandemi Covid-19 di Indonesia, dampaknya sudah terasa di seluruh lapisan masyarakat, termasuk penderita diabetes. Pandemi ini telah membawa banyak perubahan gaya hidup pada penderita Diabetes, antara lain kepatuhan terhadap pola makan sehat, kebiasaan aktivitas fisik yang buruk, kecenderungan untuk duduk, serta tidak mampu mengontrol berat badan dan berat badan. Penelitian ini bertujuan untuk mengetahui hubungan antara pengetahuan dengan kepatuhan diet Diabetes Melitus pada penderita Diabetes di masa pandemi Covid-19.

Metode : Jenis penelitian ini adalah penelitian analitik dengan pendekatan cross sectional. Subyek dalam penelitian ini adalah seluruh anggota Prolanis di Puskesmas Suruh. Sampel dalam penelitian ini meliputi 100 responden. Teknik pengambilan sampel yang digunakan yaitu Total Sampling. Analisis data yang digunakan dalam penelitian ini adalah *Uji Chi Square*.

Hasil : Hasil penelitian menunjukkan bahwa pengetahuan responden tentang diet DM pada penderita DM kategori kurang sebanyak (82,0%) 82 orang, kategori baik sebanyak (18,0%) 18 orang. Sedangkan kepatuhan diet responden dengan kategori kurang sebanyak (89,0%) 89 orang dan responden dengan kategori baik sebanyak (11,0%) 11 orang. Hasil analisis pengetahuan dengan kepatuhan diet Diabetes menunjukkan ($p > 0,000$) artinya terdapat hubungan anatara pengetahuan dengan kepatuhan diet Diabetes Melitus.

Kesimpulan : Terdapat hubungan antara pengetahuan dengan kepatuhan diet pada penderita Diabetes di masa pandemi Covid-19 Puskesmas Suruh Kabupaten Semarang.

Kata Kunci : Pengetahuan, Kepatuhan Diet, Diabetes Melitus

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THE CORRELATION BETWEEN KNOWLEDGE WITH DIET COMPLIANCE IN DIABETES MELLITUS PATIENTS DURING THE COVID-19 PANDEMIC AT THE SURUH HEALTH CENTER SEMARANG REGENCY

ABSTRACT

Background : Health problems faced by Indonesia today are influenced by lifestyle, diet, work environment factors, exercise and stressors. Since the outbreak of the Covid-19 pandemic in Indonesia, its impact has been felt at all levels of society, including diabetics. This pandemic has brought many lifestyle changes in people with diabetes, including adherence to a healthy diet, poor physical activity habits, a tendency to sit, and not being able to control body weight and weight. This study aims to determine the relationship between knowledge and adherence to the Diabetes Mellitus diet in people with diabetes during the Covid-19 pandemic.

Methods : This type of research is an analytic study with a cross sectional approach. The subjects in this study were all members of Prolanis at the Suruh Health Center. The sample in this study includes 100 respondents. The sampling technique used is Total Sampling. Analysis of the data used in this study is the *Uji Chi Square Test*.

Results : The results showed that the respondents' knowledge of the DM diet in DM patients was in the less category (82.0%) 82 people, in the good category as many as 18.0% people. While the dietary compliance of respondents in the poor category was (89.0%) 89 people and respondents in the good category (11.0%) were 11 people. The results of the analysis of knowledge with diabetes diet compliance showed ($p > 0.000$) meaning that there was a relationship between knowledge and diabetes mellitus diet compliance.

Conclusion : There is a correlation between knowledge and adherence to the Diabetes Mellitus diet in people with diabetes during the Covid-19 pandemic in the work area of the Suruh Health Center, Semarang Regency.

Keywords : Knowledge, Diet Compliance, Diabetes Mellitus