

INTISARI

HUBUNGAN PENGETAHUAN SIKAP DENGAN PERILAKU PADA PENDERITA DIABETES MELLITUS DENGAN KEPATUHAN DIET DIABETES MELLITUS DI RUMAH SAKIT UMUM ISLAM YAKSSI GEMOLONG

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Latar Belakang : Munculnya penyakit Diabetes Mellitus ini menyebabkan kurangnya pengetahuan tentang kepatuhan diet Diabetes Mellitus. Kurangnya pengetahuan tersebut disebabkan karena kurangnya informasi pada penderita tentang diet Diabetes Mellitus tersebut. Sikap dan perilaku merupakan sesuatu yang penting terhadap kepatuhan diet Diabetes Mellitus.

Tujuan Penelitian : penelitian ini bertujuan untuk hubungan antara pengetahuan sikap dengan perilaku pada penderita Diabetes Mellitus dengan kepatuhan diet Diabetes Mellitus di Rumah Sakit Umum Islam Yakssi Gemolong.

Metode Penelitian : Menggunakan Deskriptif Analitik dan pendekatan *Cross sectional*. Jumlah Sampel 80 orang di Rumah Sakit Umum Islam Yakssi Gemolong yang menderita Diabetes Mellitus. Data diolah dengan menggunakan software program SPSS windows 16,0.

Hasil Penelitian : Pengetahuan tentang diet Diabetes mellitus menunjukkan distribusi tertinggi adalah sedang sebanyak 24 responden (54,55%), baik 7 responden (15,91%), dan kurang sebanyak 13 responden (29,55%). Sikap tentang diet Diabetes mellitus menunjukkan distribusi tertinggi adalah sedang sebanyak 21 responden (47,73%), baik sebanyak 11 responden (25,00%), dan kurang sebanyak 12 responden (27,27%). Perilaku diet Diabetes mellitus menunjukkan distribusi tertinggi adalah sedang 27 responden (61,36%), baik 7 responden (15,91%), dan kurang 10 responden (22,73%). Kepatuhan diet Diabetes mellitus menunjukkan distribusi tertinggi adalah sedang 31 responden (70,45%), baik 1 responden (2,27%), dan kurang 12 responden (27,27%). Sehingga ada hubungan pengetahuansikap denganperilakupadapenderita diabetes mellitusdengankepatuhan diet diabetes mellitusdi RumahSakitUmum Islam YakssiGemolong.

Simpulan : Terdapat hubungan pengetahuansikap denganperilakupadapenderita diabetes mellitusdengankepatuhan diet diabetes mellitusdi RumahSakitUmum Islam YakssiGemolong.

Kata Kunci : Pengetahuan, Sikap, Perilaku, Kepatuhan, Diet Diabetes Mellitus

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ABSTRACT

RELATIONSHIP KNOWLEDGE OF ATTITUDE WITH BEHAVIOR ON DIABETES MELLITUS PATIENTS WITH THE COMPLETION OF DIET DIABETES MELLITUS IN GENERAL HOSPITAL ISLAM YAKSSI GEMOLONG

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Background: The emergence of this Diabetes Mellitus disease causes lack of knowledge about Diabetes Mellitus diet adherence. The lack of knowledge is due to lack of information in patients about the Diabetes Mellitus diet. Attitudes and behaviors are important to the adherence of the Diabetes Mellitus diet.

Research Objectives: This study aims for the relationship between attitude knowledge with behavior in patients with Deabetes Mellitus Diabetes Mellitus diet compliance in General Hospital of Islam YakssiGemolong.

Research Method: Using Descriptive Analytic and Cross sectional approach. The number of samples 80 people at the General Hospital of Islam YakssiGemolong who suffer from Diabetes Mellitus. Data processed by using software program SPSS windows 16.0.

Results: Knowledge of Diabetes mellitus diet showed the highest distribution was moderate with 24 respondents (54,55%), 7 respondents (15,91%), and 13 respondents (29,55%). Attitudes about Diabetes mellitus diet showed the highest distribution was moderate as many as 21 respondents (47.73%), as many as 11 respondents (25.00%), and less as many as 12 respondents (27.27%). Dietary behavior Diabetes mellitus showed the highest distribution was moderate 27 respondents (61.36%), both 7 respondents (15.91%), and less 10 respondents (22.73%). Dietary compliance Diabetes mellitus showed the highest distribution was moderate 31 respondents (70.45%), either 1 respondent (2.27%), and less 12 respondents (27.27%). So there is a relationship of attitude knowledge with behavior in people with diabetes mellitus with adherence diabetes mellitus diet at General Hospital of YakssiGemolong Islam.

Conclusion: There is correlation of attitude knowledge with behavior in diabetes mellitus patient with adherence of diabetes mellitus diet at General Hospital of YakssiGemolong Islam.

Keywords: Knowledge, Attitude, Behavior, Compliance, Diabetes Mellitus Diet

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