

PENGARUH EDUKASI DIET TERHADAP PENGETAHUAN, SIKAP DAN PERILAKU PENGATURAN MAKAN PADA PENDERITA DM TIPE 2 DI WILAYAH KERJA PUSKESMAS KENDAL 02

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ABSTRAK

Latar Belakang : Edukasi pada penderita diabetes melitus sangat diperlukan dalam keberhasilan penderita diabetes melitus melakukan kontrol metabolik dan mencegah komplikasi. Edukasi pada penelitian ini berfokus pada pengaturan makan penderita diabetes melitus tipe 2. **Tujuan** : untuk mengetahui perbedaan pengetahuan, sikap dan perilaku pengaturan makan pada penderita diabetes melitus tipe 2 di wilayah kerja Puskesmas Kendal 02. **Metode Penelitian** : Desain penelitian *quasi experiment pre and post test control group design*. Total sampel 40 responden, yang dibagi menjadi kelompok intervensi yang diberikan edukasi dan kelompok kontrol yang tidak diberikan edukasi. Teknik sampling menggunakan *simple random sampling*. Menggunakan kuesioner karakteristik responden, kuesioner pengetahuan diet DM, kuesioner sikap diet DM dan perilaku dengan *Form Food Recall 1x24 jam*. Data dianalisis menggunakan uji *wilcoxon signed rank's test*, dan *mann-whitney*. **Hasil Penelitian** : ada perbedaan pengetahuan, sikap dan perilaku tentang pengaturan makan pada penderita DM tipe 2 sebelum dan sesudah dilakukan edukasi diet dengan *p value* pengetahuan = 0,000, sikap = 0,005 dan perilaku = 0,003. Hasil penelitian ini juga menunjukkan ada perbedaan pengetahuan dengan *p value* = 0,034, tidak ada perbedaan sikap dan perilaku dengan *p value* masing-masing 0,504 dan 0,650 setelah dilakukan edukasi diet. **Kesimpulan** : Ada perbedaan pengetahuan, sikap dan perilaku yang lebih baik tentang pengaturan makan pada penderita diabetes melitus tipe 2 setelah dilakukan edukasi diet. **Saran** : Peran perawat sebagai edukator disarankan memberikan edukasi diet pada penderita diabetes melitus tipe 2.

Kata kunci : Edukasi diet, Pengetahuan, Sikap, Perilaku, Diabetes Melitus

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**THE EFFECT OF DIETARY EDUCATION ON KNOWLEDGE,
ATTITUDE, AND BEHAVIOR OF MEAL ARRANGEMENT TO DM
TYPE 2 PATIENT IN WORKING AREA
OF CHC KENDAL 02**

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ABSTRACT

Background: Education to patients with Diabetes Mellitus (DM) is needed in the success of DM to perform metabolic control and prevent complications. Education in this research focuses on eating arrangement to patients with DM type 2. **Objectives:** to determine the difference of knowledge, attitude and behavior of eating arrangement to patients with DM type 2 in working area of CHC Kendal 02. **Methods:** Research design was quasi experimental pre and post test control group design. Total samples were 40 respondents, divided into intervention group with education and control group without education. The sampling technique used simple random sampling. Data collection used questionnaire of respondent characteristics, questionnaire of diet DM knowledge, questionnaire of DM diet attitude and behavior of eating arrangement with Form Food Recall 1x24 hours. Data were analyzed using the Wilcoxon signed rank test's test, and Mann-Whitney. **Results:** There was difference on knowledge, attitude and behavior of eating arrangement to patients with DM type 2 before and after diet education with p value of knowledge = 0,000, attitude = 0.005 and behavior = 0.003. The results also showed difference on knowledge with p value = 0.034, no difference on attitude and behavior with p value 0.504 and 0.650 after diet education. **Conclusion:** There was difference on knowledge, attitude and behavior better about eating arrangement to patients with DM type 2 after diet education. **Suggestion:** The role of the nurses as an educator suggested to give diet education to patients with DM type 2.

Keywords: Dietary Education, Knowledge, Attitude, Behavior, Diabetes Mellitus

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