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**Judul** : Hubungan Kepatuhan Diet Dengan Kadar Glukosa Darah Pada Pasien DM Tipe 2 Di Ruang Alamanda RSUD Cilincing

#### **ABSTRAK**

**Latar belakang:** Diabetes melitus tipe 2 merupakan penyakit kronis yang memerlukan pengelolaan berkelanjutan, salah satunya melalui kepatuhan diet untuk mengontrol kadar glukosa darah dan mencegah komplikasi. Namun, ketidakpatuhan diet masih sering terjadi pada pasien sehingga dapat memengaruhi pengendalian kadar glukosa darah. Oleh karena itu, penting untuk mengetahui hubungan antara kepatuhan diet dengan kadar glukosa darah pada pasien DM tipe 2. **Metode:** Penelitian ini menggunakan metode kuantitatif dengan desain observasional analitik dan pendekatan cross-sectional. Penelitian dilakukan pada pasien DM tipe 2 di Ruang Alamanda RSUD Cilincing dengan sampel sebanyak 113 responden yang dipilih menggunakan teknik total sampling. Data kepatuhan diet dikumpulkan menggunakan kuesioner terstruktur, sedangkan data kadar glukosa darah diperoleh dari rekam medis pasien. Analisis data dilakukan secara univariat untuk menggambarkan karakteristik responden dan bivariat menggunakan uji Chi-Square dengan tingkat signifikansi  $p < 0,05$ . Besarnya peluang hubungan dianalisis menggunakan Odds Ratio (OR). **Hasil:** Mayoritas responden berusia dewasa awal (62,8%), berjenis kelamin perempuan (64,6%), berpendidikan SD (42,5%), tidak patuh diet (82,3%), dan memiliki kadar glukosa darah tidak terkontrol (87,6%). Terdapat hubungan signifikan antara kepatuhan diet dengan kadar glukosa darah ( $p = 0,008$ ). Responden yang patuh diet memiliki peluang 3,49 kali lebih besar memiliki kadar glukosa darah terkontrol. **Kesimpulan:** Kepatuhan diet berhubungan signifikan dengan kadar glukosa darah pada pasien DM tipe 2 sehingga peningkatan edukasi diet diperlukan untuk mendukung pengendalian glikemik yang optimal.

**Kata kunci:** diabetes melitus tipe 2, kepatuhan diet, kadar glukosa darah.

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### ***ABSTRACT***

**Background:** Type 2 diabetes mellitus is a chronic disease that requires continuous management, one of which is through dietary compliance to control blood glucose levels and prevent complications. However, dietary non-compliance is still common in patients so that it can affect blood glucose control. Therefore, it is important to know the relationship between dietary compliance and blood glucose levels in type 2 DM patients. **Method:** This study used a quantitative method with an analytical observational design and a cross-sectional approach. The study was conducted on type 2 DM patients in the Alamanda Room of Cilincing Regional Hospital with a sample of 113 respondents selected using a total sampling technique. Dietary compliance data were collected using a structured questionnaire, while blood glucose level data were obtained from patient medical records. Data analysis was carried out univariately to describe the characteristics of respondents and bivariate using the Chi-Square test with a significance level of  $p < 0.05$ . The magnitude of the probability of the relationship was analyzed using the Odds Ratio (OR). **Results:** The majority of respondents were in early adulthood (62.8%), female (64.6%), had an elementary school education (42.5%), were non-compliant with their diet (82.3%), and had uncontrolled blood glucose levels (87.6%). There was a significant relationship between dietary compliance and blood glucose levels ( $p = 0.008$ ). Respondents who were compliant with their diet were 3.49 times more likely to have controlled blood glucose levels. **Conclusion:** Dietary compliance is significantly associated with blood glucose levels in patients with type 2 diabetes, so increased dietary education is needed to support optimal glycemic control.

**Keywords:** type 2 diabetes mellitus, blood glucose, dietary adherence, glucose levels.