

HUBUNGAN TINGKAT KEPATUHAN DIET DENGAN PENGENDALIAN KOLESTEROL TOTAL PASIEN DIABETES MELITUS TIPE II DI PUSKESMAS SUMBANG 2

ABSTRAK

Latar Belakang: Diabetes melitus menduduki urutan kedua terbanyak yaitu sebesar 18,33% dari 603.840 kasus penyakit tidak menular di Jawa Tengah. Kontrol glikemik penderita diabetes mellitus sangat dipengaruhi oleh kepatuhan diet DM, meliputi jenis, jumlah, dan waktu yang tepat untuk tercapainya tujuan pengobatan. Kepatuhan diet berpengaruh terhadap kadar glukosa dan kolesterol darah pasien DM tipe II.

Tujuan: Mengetahui hubungan tingkat kepatuhan diet dengan pengendalian kolesterol total pasien diabetes melitus tipe II di Puskesmas Sumbang 2.

Metode: Penelitian ini menggunakan rancangan analitik observasional dengan pendekatan *cross sectional*. Responden yang terlibat dalam penelitian sebanyak 47 pasien DM tipe II di Puskesmas Sumbang 2 dengan teknik *consecutive sampling*. Kepatuhan diet diukur menggunakan *Perceived Dietary Adherence Questionnaire* (PDAQ) dan pengukuran kadar kolesterol total dilakukan oleh Laboratorium Medico Labora. Data dianalisis menggunakan uji alternatif *Fisher Exact Test*.

Hasil: Hasil penelitian menunjukkan karakteristik subjek penelitian sebanyak 53,2% berusia 61-80 tahun, jenis kelamin perempuan sebanyak 78,7%, sebesar 38,3% responden menderita DM sudah lebih dari 10 tahun, sebanyak 70,2% subjek penelitian tidak memiliki riwayat keluarga dengan DM, 36,2% responden tidak tamat SD/ sederajat. Uji bivariat dengan uji alternatif *Fisher* didapatkan nilai $p = 0,000$ dengan kepatuhan diet tinggi (21,28%), kepatuhan diet rendah (78,72%), pengendalian kolesterol total baik (19,15%), pengendalian kolesterol total buruk (80,85%). Berdasarkan hasil analisis data didapatkan hubungan yang bermakna antara kepatuhan diet dengan pengendalian kolesterol total.

Kesimpulan: Kepatuhan diet berhubungan dengan pengendalian kolesterol total pada pasien DM tipe II di Puskesmas Sumbang 2.

Kata kunci: Diabetes melitus tipe II, Kepatuhan Diet, Pengendalian Kolesterol Total.

**RELATIONSHIP OF DIETARY ADHERENCE LEVEL AND TOTAL
CHOLESTEROL CONTROL IN TYPE II DIABETES MELLITUS PATIENTS IN
SUMBANG 2 PUBLIC HEALTH CENTER**

ABSTRACT

Background: Diabetes mellitus ranks second in the most non-communicable diseases in Central Java with 18.33% of 603.840 cases. Glycemic control of diabetes mellitus patients is strongly influenced by DM dietary compliance, including the type, amount, and the right time to achieve treatment goals. Dietary adherence affects glucose and cholesterol levels in type II DM.

Objective: To know the relationship between the levels of dietary adherence with control total cholesterol in patients with type II diabetes mellitus at the Sumbang 2 Public Health Center.

Methods: This study used an observational analytic design with a cross sectional approach method. Respondents who were involved in the study were 47 patients with type II DM at the Sumbang 2 Public Health Center using consecutive sampling technique. Dietary adherence was measured using the Perceived Dietary Adherence Questionnaire (PDAQ) and total cholesterol levels were measured by the Medico Labora Laboratory. The data were analyzed using the alternative Fisher Exact Test.

Results: The results showed that the characteristics of research subjects were 53.2% aged 61-80 years, female gender was 78.7%, 38.3% of respondents suffering from DM was already more than 10 years, 70.2% research subjects did not have a family history of DM, 36.2% not graduated elementary school. The bivariate results with Fisher's alternative test showed p value = 0.000 with high dietary adherence (21.28%), low dietary adherence (78.72%), good control of total cholesterol (19.15%), bad control of total cholesterol (80.85%). Based on the results of data analysis, there was a significant relationship between dietary adherence and total cholesterol control.

Conclusion: Dietary adherence is related with total cholesterol control in type II DM patients at the Sumbang 2 Public Health Center.

Key words: Type II Diabetes Mellitus, Dietary Adherence, Total Cholesterol Control.