

**“HUBUNGAN ANTARA PENGETAHUAN, SIKAP DAN KEPATUHAN  
TERAPI NUTRISI MEDIS DENGAN PENGENDALIAN GLUKOSA DARAH  
Studi Pada Penderita Diabetes Melitus Tipe 2 di Kecamatan Sumbang, Banyumas”**

**ABSTRAK**

**Latar belakang:** Diabetes melitus (DM) merupakan penyakit dengan tatalaksana kompleks untuk mengendalikan kadar glukosa agar tetap normal, salah satunya melalui terapi nutrisi medis. Penanganan penyakit ini memerlukan pengetahuan, sikap, dan kepatuhan agar glukosa tetap terkendali.

**Tujuan:** Penelitian ini bertujuan untuk mengkaji hubungan antara pengetahuan, sikap, dan kepatuhan terapi nutrisi medis terhadap pengendalian glukosa darah penderita diabetes melitus tipe 2 di Kecamatan Sumbang, Banyumas.

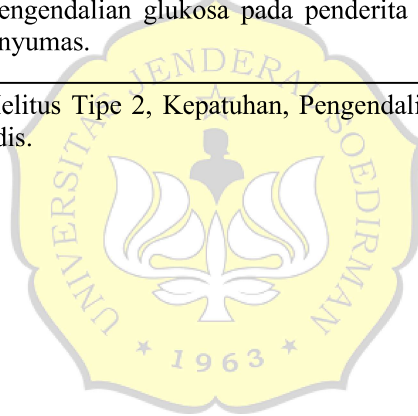
**Metode:** Penelitian menggunakan desain *cross sectional* yang dilakukan dengan kuesioner kepada 126 sampel.

**Hasil:** Berdasarkan uji *Chi-Square* pada pengetahuan diperoleh nilai  $p$  0,757, sikap diperoleh nilai  $p$  0,600, dan kepatuhan diperoleh nilai  $p$  0,771. Dari hasil tersebut nilai  $p > 0,050$  yang berarti tidak ditemukan hubungan bermakna terhadap variabel-variabel yang diuji.

**Kesimpulan:** Tidak terdapat hubungan antara pengetahuan, sikap, dan kepatuhan terapi nutrisi medis terhadap pengendalian glukosa pada penderita diabetes melitus tipe 2 di Kecamatan Sumbang, Banyumas.

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**Kata kunci:** Diabetes Melitus Tipe 2, Kepatuhan, Pengendalian Glukosa, Pengetahuan, Sikap, Terapi Nutrisi Medis.



**“THE RELATIONSHIP BETWEEN OF KNOWLEDGE, ATTITUDE AND  
COMPLIANCE WITH MEDICAL NUTRITION THERAPY  
ON BLOOD GLUCOSE CONTROL  
a Study on Type 2 Diabetes Mellitus Patients in Sumbang District, Banyumas”**

**ABSTRACT**

**Background.** Diabetes mellitus (DM) is a disease with complex management to control glucose levels to remain normal, one of which is through medical nutrition therapy. Handling this disease requires knowledge, attitude and compliance so that glucose remains under control.

**Objective.** This study aims to examine the relationship between knowledge, attitudes and compliance with medical nutritional therapy on controlling blood glucose in people with type 2 diabetes mellitus in Sumbang District, Banyumas.

**Method.** The research used a cross sectional design which was carried out with questionnaires to 126 samples.

**Results.** Based on the Chi-Square test, knowledge obtain  $p$  value is 0,757, attitude obtain  $p$  value is 0,600, and compliance obtain  $p$  value is 0,771. From these results, the  $p$  value is  $> 0,050$ , which means that no significant relationship was found with the variables tested.

**Conclusion.** There is no relationship between knowledge, attitudes and compliance with medical nutritional therapy on glucose control in people with type 2 diabetes mellitus in Sumbang District, Banyumas.

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**Keywords:** Attitude, Compliance, Diabetes Mellitus Type 2, Glucose Control, Knowledge, Medical Nutrition Therapy.

