

**Program Studi Sarjana Keperawatan, Fakultas Ilmu Kesehatan
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ABSTRAK

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**Gambaran Jenis, Frekuensi, Dan Porsi Makan Pasien Diabetes Mellitus Tipe 2
Di Desa Banjarmulya Wilayah Kerja Puskesmas Paduraksa Kabupaten
Pemalang.**

Latar Belakang : Diabetes mellitus tipe 2 merupakan suatu kelompok penyakit metabolik dengan karakteristik hiperglikemik yang terjadi karena kelainan sekresi insulin. Dalam penatalaksanaan diabetes mellitus ada 5 pilar yang salah satunya yaitu pengaturan pola makan yang terdiri dari jenis makanan, frekuensi makan, dan porsi makan pasien diabetes mellitus. Pengendalian kadar gula darah pada pasien diabetes mellitus berhubungan dengan faktor diet atau perencanaan makan.

Tujuan : Untuk mengetahui gambaran jenis, frekuensi, dan porsi makan pada pasien diabetes mellitus tipe 2.

Sampel : Teknik dalam pengambilan sampel di penelitian ini menggunakan Teknik *purposive sampling* dengan sampel sebanyak 83 responden.

Metode : Desain penelitian yang digunakan adalah deskriptif dengan rancangan *cross sectional*.

Hasil : Hasil penelitian bahwa gambaran jenis makanan responden yang mengonsumsi zat gizi terbanyak yaitu protein nabati sebesar 81 responden (97.6%), sedangkan responden yang mengonsumsi zat gizi terbanyak kedua yaitu karbohidrat sebesar 77 responden (92.8%), dan responden yang mengonsumsi zat gizi terbanyak ketiga yaitu sayur sebesar 70 responden (84.3%). Gambaran frekuensi makan yang makan teratur 3x sehari terbanyak sebesar 75 responden (90.4%), sedangkan yang makan selingan terbanyak kedua sebesar 61 responden (73.5%), dan makan malam terbanyak ketiga sebesar 36 responden (43.4%). Gambaran porsi makan responden yang mengonsumsi zat gizi yaitu buah terbanyak sebesar 63 responden (75.9%) atau sebesar < 3 porsi/hari, sedangkan responden yang mengonsumsi zat gizi yaitu protein nabati terbanyak kedua sebesar 64 responden (77.1%) atau sebesar 3-5 porsi/hari, dan responden yang mengonsumsi zat gizi yaitu karbohidrat terbanyak ketiga sebesar 60 responden (72.3%) atau sebesar < 3 porsi/hari.

Simpulan : Hasil penelitian di Desa Banjarmulya Wilayah Kerja Puskesmas Kabupaten Pemalang dapat disimpulkan bahwa sebagian besar responden dominan mampu mengatur jenis makanan, mampu mengatur porsi makan, dan mampu mengetahui frekuensi makan diabetes mellitus tipe 2.

Kata Kunci : Jenis Makanan, Frekuensi Makan, Porsi Makan.

Daftar Pustaka : 32 (2012-2022).

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ABSTRACT

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An Overview of Types, Frequency, and Meal Portion of Patients with Type 2 Diabetes Mellitus in Banjarmulya Village, Working Area of Paduraksa Health Center, Pemalang Regency

Introductions: type 2 diabetes mellitus is a group of metabolic diseases with hyperglycemic characteristics that occur due to abnormalities in insulin secretion. In managing this disease, at least there are 5 considered points, one of which is the regulation of diet consisting of the type of food, the frequency of eating, and the portion of the patient's meal with diabetes mellitus. Because, controlling blood sugar levels in patients with diabetes mellitus is related to dietary factors or meal planning.

Objectives: to obtain the type, frequency, and portion of food in patients with type 2 diabetes mellitus.

Samples: purposive sampling technique with 83 respondents was applied in the study.

Method: it is a descriptive using cross sectional design.

Results: it stated 81 respondents (97.6%) have consumed vegetable protein for their diets, while 77 ones (92.8%) the second most nutrient; carbohydrates, and they who consumed the third most nutrients; vegetables, were 70 respondents (84.3%).

For the frequency, respondents who eat regularly 3x a day are 75 people (90.4%), while the ones who had the second most snack were 61 people (73.5%), and 36 respondents (43.4%) had had dinner the third most meal.

Meanwhile, for the meal portion, respondents who consumed the most nutrients, namely fruit, were 63 respondents (75.9%) or < 3 servings/day. Besides, respondents who consumed nutrients, namely the second most vegetable protein, were 64 respondents (77.1%) or 3-5 servings/day and the ones who had taken nutrients as the third most abundant carbohydrates were 60 people (72.3%) or < 3 servings/day.

Conclusions: the result of the study conducted in Banjarmulya Village, Working Area of Paduraksa Health Center, Pemalang Regency can be concluded that most respondents had ability to manage the meal types, the portion, and the frequency on their diet to manage their disease.

Keywords: *meal types, meal frequency, meal portion*

References: 32 (2012-2022).