

## **ABSTRAK**

### **HUBUNGAN KEPATUHAN DIET DENGAN KUALITAS HIDUP PASIEN DIABETES MELITUS DI WILAYAH KERJA PUSKESMAS KUSUMA BANGSA KOTA PEKALONGAN**

Istiqomah, Trina Kurniawati

**Latar Belakang:** Kepatuhan diet mempunyai pengaruh terhadap kualitas hidup pada pasien diabetes, karena diet menjadi tolak ukur dalam terjadinya perubahan sikap dan kualitas hidup pada seseorang. Kualitas hidup pada penderita diabetes sangatlah penting karena pasien memerlukan waktu pengobatan yang lama. Kepatuhan diet dengan kualitas hidup yang baik dapat memberikan efek baik pula terhadap kondisi kesehatan pasien diabetes. Tujuan penelitian ini mengetahui hubungan kepatuhan diet dengan kualitas hidup pasien diabetes melitus di wilayah kerja Puskesmas Kusuma Bangsa.

**Metode:** Desain penelitian ini menggunakan desain *analitik korelasi* dengan pendekatan *cross sectional*. Teknik pengambilan sampel berupa teknik *total sampling* dengan sampel sejumlah 76 pasien. Pengumpulan data menggunakan kuesioner *Dietary Behaviour Questionnaire*, kuesioner *Diabetes Quality of Life*.

**Hasil:** Hasil penelitian didapatkan bahwa kepatuhan diet pasien diabetes rata – rata 51,42 dengan skor minimal 33 dan maksimal 61 dan kualitas hidup didapatkan rata – rata 50,37 dengan skor minimal 41 dan maksimal 59, uji *pearson* pada penelitian ini diperoleh nilai *p value* < 0,001 dan nilai *r Correlation* didapatkan nilai sejumlah 0,637.

**Simpulan:** Ada hubungan kepatuhan diet dengan kualitas hidup pasien diabetes melitus. Diharapkan pelayanan kesehatan dapat melakukan pengkajian diet DM supaya kualitas hidup pasien semakin baik.

Kata Kunci: Kepatuhan Diet, Kualitas Hidup Pasien Diabetes Melitus  
Pustaka: 54 (2013-2023)

## **ABSTRACT**

Istiqomah<sup>1</sup>, Trina Kurniawati<sup>2</sup>

**The Correlation Between Diet Adherence and Quality of Life in Patients with Diabetes Mellitus in The Work Area of Kusuma Bangsa Health Center, Pekalongan**

**Introduction:** Dietary adherence has a significant influence on the quality of life in diabetic patients since diet is a benchmark for people's change of attitudes and quality of life. Quality of life in diabetics is very important because patients need a long treatment time. Dietary adherence and good quality of life can have good effect on health condition of diabetic patients. The purpose of this study was to determine the correlation between dietary adherence and the quality of life of diabetic patients in the work area of Kusuma Bangsa Health Center.

**Methods:** This study employed a correlation analytic design with a cross sectional approach. A total of 76 patients were selected as participants by a total sampling technique. The data were recorded by the Dietary Behavior Questionnaire and the Diabetes Quality of Life Questionnaire.

**Results:** The findings showed that the average score of dietary adherence of diabetic patients was 51.42 with a minimum score of 33 and a maximum score of 61. Meanwhile, the average score of quality of life was 50.37 with a minimum score of 41 and a maximum score of 59. The Pearson Test resulted p value <0.001 and r Correlation value of 0.637.

**Conclusion:** There was a correlation between dietary adherence and quality of life of diabetes mellitus patients. It is expected that health care providers can carry out an assessment of the DM diet so that the patient's quality of life can get better.

**Keywords :** *Dietary Adherence, Quality of Life of Diabetes Mellitus Patients*

**References :** 54 (2013-2023)