



LEMBAR PENGESAHAN

Judul : Gambaran Dukungan Keluarga Dan Kepatuhan Diet Pada Pasien Diabetes Mellitus Tipe 2: *Literature Review*

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An Overview of Family Support and Dietary Compliance in Type 2 Diabetes Mellitus Patients: A Literature Review

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ABSTRACT

The Backgrounds: Diabetes mellitus is a chronic disease that is closely related to lifestyle. This disease is experienced by many people in the world. Meal planning is one way to control blood sugar in diabetic patients. The family has to provide supports that can have a positive impact on dietary compliance. It can be in the form of being able to control what can be consumed according to the recommendations of health workers during the diet, reminding each other, and providing support to family members who are on a diabetes mellitus diet.

The Objectives: This study aimed to determine the description of family support and dietary compliance in patients with type 2 diabetes mellitus.

The Methods: The research method used in this study was a literature review by conducting an online search from the Medline database source and the Garuda portal. There were 5 articles found that matched the inclusion and exclusion criteria.

The Results: The results showed that 361 respondents (52.7%) had good family support and 432 respondents (63%) had non-adherent dietary compliance levels.

The Conclusions: Good family support can prevent complications and help treatment so that patients are more enthusiastic and can carry out activities as usual. Dietary non-compliance can delay the patient's recovery. Family support, although it is good, does not guarantee that dietary compliance will also be good. Other factors can affect dietary compliance, such as age, education, and occupation.

Keywords: *Type 2 diabetes mellitus, family support, dietary compliance*