

RINGKASAN

Perbedaan Pengetahuan, Kepatuhan Diet Dan Kadar Glukosa Darah Sebelum dan Sesudah Pemberian Konseling Gizi Metode Buku Saku Diet Pada Pasien Diabetes Mellitus Tipe II Di Poli Rawat Jalan Rumah Sakit Qim Batang

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Latar Belakang: Pengelolaan diet dipengaruhi oleh pengetahuan gizi pasien DM dimana pengetahuan gizi adalah faktor yang sangat penting dalam pembentukan perilaku. Kepatuhan diet merupakan salah satu kunci keberhasilan dalam penatalaksanaan DM, dikarenakan perencanaan makan merupakan salah satu pilar dalam pengelolaan DM. Hasil wawancara 10 orang pasien DM di poli rawat jalan diketahui bahwa sebanyak 7 orang tidak mengetahui penatalaksanaan DM secara benar, serta masih ada pasien DM yang telah diberi konseling gizi saat rawat inap tetapi pada saat kontrol rawat jalan meminta konsultasi gizi lagi dengan alasan belum memahami penatalaksanaan DM dengan ditandai pasien DM memiliki kadar glukosa darah masih diatas normal.

Metode penelitian : Metode dengan *metode Quasy-Experiment* dua grup dengan rancangan pre dan post test design yang dengan jumlah sampel sebanyak 84 orang dengan cara Consecutive Sampling dengan analisis univariat dalam bentuk persentase (%) dan bivariate dengan uji beda dengan uji *Wilcoxon test*.

Hasil penelitian: Hasil diketahui pengetahuan sebelum diberi konseling gizi metode buku saku diet sebagian besar pengetahuan yang baik sebesar 63.1%., pengetahuan sesudah diberi konseling gizi metode buku saku diet sebagian besar pengetahuan baik sebesar 91.7%., kepatuhan sebelum diberi konseling gizi metode buku saku diet pada pasien 70.2%, kepatuhan sesudah diberi konseling gizi metode buku saku diet yang patuh sebesar 90.5%, kadar glukosa darah sebelum diberi konseling gizi metode buku saku diet sebagian besar kadar glukosa darah yang tidak normal sebesar 90.5%. Kadar glukosa darah sesudah diberi konseling gizi tidak normal sebesar 81.0%. Ada pengaruh antara pengetahuan sebelum dan sesudah diberi konseling gizi metode buku saku diet dengan nilai *p value* yaitu 0.000. Ada pengaruh kepatuhan sebelum dan sesudah diberi konseling gizi metode buku saku diet pada dengan nilai *p value* 0,000. Ada pengaruh kadar glukosa darah sebelum dan sesudah diberi konseling gizi metode buku saku diet dengan nilai *p value* yaitu 0.000.

Kesimpulan: Ada perbedaan signifikan antara pengetahuan, kepatuhan diei dan kadar glukosa darah sebelum dan sesudah konseling gizi metode buku saku diet pada pasien Diabetes Mellitus Tipe II Di Poli Rawat Jalan Rumah Skait Qim Batang.

Kata Kunci : Pengetahuan, Kepatuhan Diet Dan Kadar Glukosa Darah, Konseling Gizi, Metode Buku Saku Diet

ABSTRACT

Differences in Knowledge, Compliance Diet And Blood Glucose Level Before And After Nutrition Counseling Method Dietary Pocket Diet In Type 2 Diabetes Mellitus Patients In Outpatient Police Qim Batang Hospital

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Background: Dietary management is influenced by nutrition knowledge of DM patients where nutritional knowledge is a very important factor in behavioral formation. Dietary compliance is one of the keys of success in the management of DM, because meal planning is one of the pillars in the management of DM. The results of interviewing 10 DM patients in the outpatient poly was found that as many as 7 people did not know the management of DM correctly, and there were still DM patients who had been given nutritional counseling while inpatient but when the outpatient control asked for more nutritional consultation on the grounds that they had not understood the management DM with marked DM patients have blood glucose levels are still above normal.

Methods: Methods with a two-group Quasy-Experiment method with pre and post test design design with a total sample of 84 people by consecutive sampling with univariate analysis and bivariat with defferent test with wilcoxon test.

Results: The results of knowledge before being given nutritional counseling pocketbook method of dieting most good knowledge of 63.1%., Knowledge after being given nutritional counseling method of dietary pocketbook most good knowledge of 91.7%., Obedience before being given nutritional counseling pocket book method diet in patients 70.2%, obedience after being given nutritional counseling method of obedient dietary book pocket of 90.5%, blood glucose levels before being given nutritional counseling method book pocket diet most of the abnormal blood glucose levels of 90.5%. Blood glucose levels after being given abnormal nutritional counseling were 81.0%. There is influence between knowledge before and after given nutrition counseling method of pocket book of diet with value p value that is 0.000. There was influence of adherence before and after being given nutritional counseling method of pocket book on diet with p value 0.000. There is influence of blood glucose level before and after given nutrition counseling method of pocket book of diet with value p value that is 0.000.

Conclusions : Differences Significan in Knowledge, Compliance Diet And Blood Glucose Level Before And After Nutrition Counseling Method Dietary Pocket Diet In Type 2 Diabetes Mellitus Patients In Outpatient Police Qim Batang Hospital

Keywords: Knowledge, Dietary Compliance And Blood Glucose Levels Nutrition Counseling, Diet Pocket Diet Method