

INTISARI

Latar Belakang : Penyandang diabetes melitus di Provinsi Daerah Istimewa Yogyakarta paling tinggi 3,86% di Kota Yogyakarta. Puskesmas Wirobrajan memiliki jumlah anggota prolanis dengan penyandang diabetes melitus tipe 2 terbanyak di antara 14 puskesmas lainnya di Kota Yogyakarta. Target BPJS minimal 50% pasien diabetes melitus terkendali dalam kegiatan prolanis, sedangkan Puskesmas Wirobrajan belum memenuhi sesuai capaian yaitu 40%. Diabetes melitus merupakan kasus komorbid terbanyak kedua 8% kasus dan menyebabkan kematian 3 kali lipat. Salah satu pilar pengendalian diabetes melitus yaitu edukasi. Di masa pandemi ada peraturan pemerintah untuk menghindari kerumunan dan menjaga jarak. Pemberian edukasi tidak bisa dilakukan secara konvensional maka diperlukan edukasi baru dengan metode online berbasis *whatsapp group*.

Tujuan : Mengetahui pengaruh edukasi online berbasis *whatsapp group* terhadap kepatuhan menjalankan diet (jumlah asupan karbohidrat, jenis karbohidrat sederhana, jarak antara waktu makan) dan kadar gula darah puasa pada pasien diabetes melitus tipe 2.

Metode : Penelitian ini adalah quasi eksperimental dengan desain penelitian *one group pretest and posttest* tanpa kelompok kontrol. Subjek penelitian merupakan 37 orang. Analisis data adalah *paired t-test* atau *wilcoxon*, *chi square*, *regresi logistik*.

Hasil : Ada pengaruh edukasi online berbasis *whatsapp group* antara perubahan kepatuhan menjalankan diet (asupan karbohidrat, jarak antara waktu makan) dan kadar gula darah puasa secara signifikan ($p < 0,05$). Namun tidak berpengaruh terhadap jenis karbohidrat sederhana secara signifikan ($p > 0,05$). Pada analisis multivariat tidak ada variabel perancu pada pengaruh edukasi online berbasis *whatsapp group* terhadap kepatuhan menjalankan diet dan kadar gula darah puasa.

Kesimpulan : Edukasi online berbasis *whatsapp group* dapat meningkatkan kepatuhan menjalankan diet dengan mengurangi jumlah asupan karbohidrat dan mengatur jarak antara waktu makan. Namun tidak berpengaruh terhadap jenis karbohidrat sederhana karena responden sudah paham untuk membatasi jenis karbohidrat sederhana. Edukasi online berbasis *whatsapp group* dapat memperbaiki kontrol kadar gula darah puasa pada pasien diabetes melitus tipe 2.

Kata Kunci : Diabetes Melitus, Edukasi Online, *Whatsapp Group*, Kepatuhan Menjalankan Diet, Kadar Gula Darah.

ABSTRACT

Background: People with diabetes mellitus in the Province of the Special Region of Yogyakarta are the highest, at 3.86% in the city of Yogyakarta. The Wirobrajan Public Health Center has the highest number of prolanis members with type 2 diabetes mellitus among 14 other health centers in Yogyakarta City. The BPJS target is at least 50% of diabetes mellitus patients controlled in prolanis activities, while the Wirobrajan Health Center has not met the appropriate achievement of 40%. In 8% of cases, diabetes mellitus is the second most comorbid condition and causes three times as many deaths. One of the pillars of diabetes mellitus control is education. During the pandemic, there are government regulations to avoid crowds and maintain a distance. Giving education cannot be done conventionally, so new education is needed with an online method based on a Whatsapp group.

Objective : To determine the effect of online education through a WhatsApp group on dietary adherence (amount of carbohydrate intake, types of simple carbohydrates, and distance between meals) and fasting blood sugar levels in type 2 diabetes patients.

Methods: This study used a quasi-experimental research design with one group pretest and posttest without a control group. The research subjects were 37 people. Data analysis was paired t-test or wilcoxon, chi-square, and logistic regression.

Result: There is effect of online education based on whatsapp group between changes in dietary adherence (carbohydrate intake, distance between meals) and fasting blood sugar levels significantly ($p < 0.05$). However, it did not significantly affect the type of simple carbohydrates ($p > 0.05$). In multivariate analysis, there were no confounding variables on the effect of online education based on the Whatsapp group on dietary adherence and fasting blood sugar levels.

Conclusion: Online education based on whatsapp groups can improve dietary adherence by reducing the amount of carbohydrate intake and adjusting the distance between meals. However, it does not affect the types of simple carbohydrates because respondents already understand to limit the types of simple carbohydrates. Fasting blood sugar level control in type 2 diabetes mellitus patients can be improved by using WhatsApp group-based online education.

Keywords: Diabetes Mellitus, Online Education, Whatsapp Group, Dietary Adherence, Fasting Blood Sugar Levels.