

HUBUNGAN ANTARA EFIKASI DIRI DAN ASUPAN ENERGI DENGAN KADAR HbA1c PADA INDIVIDU DIABETES MELITUS TIPE-2

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ABSTRAK

Latar Belakang: Prevalensi diabetes melitus terus meningkat secara global maupun nasional, termasuk di Indonesia dan Kota Yogyakarta. Salah satu indikator penting dalam kontrol glikemik jangka panjang adalah kadar HbA1c, tetapi pencapaian target kontrol HbA1c di Indonesia masih rendah. Efikasi diri dan asupan energi merupakan faktor penting dalam manajemen diabetes yang dapat memengaruhi kadar gula darah. Beberapa penelitian menunjukkan hubungan efikasi diri dan asupan energi dengan kadar gula darah, tetapi hasilnya belum konsisten dan sebagian besar menggunakan indikator GDP atau GDS.

Tujuan: Penelitian ini dilakukan untuk melihat hubungan antara efikasi diri dan asupan energi dengan kadar HbA1c pada penderita diabetes melitus tipe-2 di Kota Yogyakarta.

Metode Penelitian dilakukan secara observasional kuantitatif analitik dengan pendekatan *cross-sectional*. Responden penelitian adalah penyandang diabetes melitus tipe-2 di Puskesmas Kota Yogyakarta sebanyak 105 responden yang diambil dengan *purposive sampling*. Instrumen yang digunakan adalah *Diabetes Self Efficacy Scale* (DSES) dan *Semi-Quantitative Food Frequency Questionnaire* (SQ-FFQ) dalam 3 bulan terakhir. Analisis statistik yang digunakan adalah uji korelasi *Spearman* dan *Chi-square*.

Hasil: Sebagian besar responden memiliki efikasi diri tinggi (67,60%), asupan energi tidak baik (68,60%), dan kadar HbA1c tidak terkendali (61,90%). Hasil uji korelasi *Spearman*, tidak terdapat hubungan antara efikasi diri dan kadar HbA1c ($p=0,614$). Hasil uji korelasi *Chi-square*, tidak terdapat hubungan antara asupan energi dan kadar HbA1c ($p=0,853$).

Kesimpulan: Efikasi diri dan asupan energi tidak memiliki hubungan yang signifikan dengan kadar HbA1c pada penderita diabetes melitus tipe-2 dalam penelitian ini. Terdapat faktor lain di luar efikasi diri dan asupan energi yang mungkin lebih berperan dalam pengendalian kadar HbA1c, seperti literasi kesehatan, manajemen diri, dukungan keluarga, asupan karbohidrat, dan vitamin B6.

Kata Kunci: *efikasi diri, asupan energi, kadar HbA1c, diabetes melitus tipe-2*

THE RELATIONSHIP BETWEEN SELF-EFFICACY AND ENERGY INTAKE WITH HBA1C LEVELS IN TYPE-2 DIABETES MELLITUS INDIVIDUALS

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ABSTRACT

Background: *The prevalence of diabetes mellitus continues to increase globally and nationally, including in Indonesia and Yogyakarta City. One of the key indicators for long-term glycemic control is HbA1c levels, however, the achievement of HbA1c control targets in Indonesia remains low. Self-efficacy and energy intake are important factors in diabetes management that may influence blood glucose levels. Several studies have investigated the relationship between self-efficacy and energy intake with blood glucose levels, but the results have not been consistent and mostly use GDP or GDS indicators.*

Objective: *This study aimed to examine the relationship between self-efficacy and energy intake with HbA1c levels among patients with type-2 diabetes mellitus in Yogyakarta City.*

Method: *This study was conducted using a quantitative analytical observational method with a cross-sectional approach. The study participants were 105 individuals with type 2 diabetes mellitus at the Yogyakarta City Health Center, selected using purposive sampling. The instruments used were the Diabetes Self-Efficacy Scale (DSES) and the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) over the past three months. The statistical analyses used were Spearman's correlation test and Chi-square test.*

Results: *Most respondents had high self-efficacy (67.60%), poor energy intake (68.60%), and uncontrolled HbA1c levels (61.90%). The results of the Spearman correlation test showed no relationship between self-efficacy and HbA1c levels ($p=0.614$). The results of the Chi-square correlation test showed no relationship between energy intake and HbA1c levels ($p=0.853$).*

Conclusion: *Self-efficacy and energy intake were not significantly associated with HbA1c levels in patients with type 2 diabetes mellitus in this study. There are other factors beyond self-efficacy and energy intake that may play a more important role in controlling HbA1c levels, such as health literacy, self-management, family support, carbohydrate intake, and vitamin B6.*

Keywords: *self-efficacy, energy intake, HbA1c levels, type-2 diabetes mellitus*