

KEPATUHAN DIET PESERTA PROLANIS DIABETES MELITUS TIPE 2 DI PUSKESMAS DEPOK SLEMAN YOGYAKARTA

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INTISARI

Latar Belakang: Diabetes Melitus (DM) merupakan penyakit yang jumlah penyandangya mengalami peningkatan. Terapi diet menjadi salah satu pilar dan komponen keberhasilan pengelolaan DM. Kepatuhan diet penyandang DM masih rendah, di Indonesia pemerintah mengembangkan program untuk pemeliharaan kesehatan penyandang penyakit kronis seperti DM yang disebut sebagai Prolanis namun sejauh ini belum ada data gambaran kepatuhan terapi pada peserta yang mengikuti prolanis sehingga keefektifannya belum diketahui dan belum dilakukan evaluasi.

Tujuan Penelitian: Untuk mengidentifikasi kepatuhan diet peserta Prolanis DM tipe 2 di Puskesmas Depok Sleman.

Metode: Penelitian ini merupakan penelitian deskriptif kuantitatif dengan teknik *cross-sectional*. Pengambilan data di Puskesmas Depok I, II, dan III pada bulan September – November 2018. Sampel diambil dari seluruh peserta Prolanis DM tipe 2 di Puskesmas yang bersedia menjadi subjek penelitian dan pernah mendapatkan edukasi mengenai terapi diet minimal satu minggu sebelum pengambilan data. Teknik pengambilan sampel menggunakan *total sampling* dan didapatkan total responden 85. Pengambilan data menggunakan instrumen PDAQ.

Hasil: Responden didominasi oleh perempuan dengan rata-rata usia 60,2 tahun dan menyandang DM selama 7 tahun. Sebagian responden mempunyai penyakit penyerta selain DM. Skor rerata kepatuhan diet 29,7 ($\pm 8,85$). Skor kepatuhan yang lebih tinggi terkait dengan konsumsi buah dan sayur, mengurangi lemak serta makanan manis. Skor yang cenderung rendah yaitu konsumsi karbohidrat dengan kadar gula rendah, makanan tinggi serat, omega-3 serta penggunaan minyak organik dalam pengolahan makanan.

Kesimpulan: Kepatuhan diet peserta Prolanis DM tipe 2 di Puskesmas Depok lebih mendekati skor minimal dimana hasil tersebut menunjukkan kepatuhan diet yang cenderung buruk.

Kata kunci: diabetes melitus, kepatuhan diet, prolanis

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**DIETARY ADHERENCE AMONG TYPE 2 DIABETES MELLITUS
PROLANIS PARTICIPANTS IN PUBLIC HEALTH CENTER DEPOK
SLEMAN YOGYAKARTA**

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ABSTRACT

Background: Diabetes Mellitus (DM) is a disease that has increasing number of patients. Diet therapy is one of the pillars and components of successful DM management. However, the dietary adherence level of diabetics' is still low. Indonesian government develops health care programs called Prolanis, but so far there is no data on adherence level so that its effectiveness is undetermined and an evaluation has not been conducted.

Aim: To identify dietary adherence of type 2 DM Prolanis participants in Depok Health Center .

Methods: This research was a quantitative descriptive study with cross-sectional technique. The data was collected in Depok Health Centre in September-November 2018. The samples were taken from Prolanis type 2 DM participants who were willing to be the research subjects and had received education about diet therapy minimum one week before. Samples were taken with total sampling technique and it obtained 85 respondents. And the data collected using PDAQ instrument.

Results: The respondents were dominated by women with an average age of 60.2 and has been suffering DM for 7 years. Some respondents suffered another disease besides DM. The results showed the average dietary adherence score was 29.7 (± 8.85). The high adherence scores were occupied by those who consume fruits and vegetables also reduce fat and sweet foods. Meanwhile, the low one was occupied by those who consume carbohydrates with low sugar levels, foods high in fiber, omega-3, and the use of organic oil in food processing.

Conclusion: The dietary adherence of the participants was closer to the minimum score where the results indicated that the dietary adherence tends to be poor.

Keywords: diabetes mellitus, dietary adherence, prolanis

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