

## ABSTRAK

**Latar Belakang :** Diabetes melitus (DM) tipe 2 merupakan penyakit degeneratif yang prevalensinya meningkat secara signifikan dalam beberapa dekade terakhir. Penyakit DM memerlukan penanganan seumur hidup dan dukungan keluarga dapat membuat penyandang DM menjadi termotivasi untuk menjalani pola makan seimbang dan rajin beraktivitas fisik.

**Tujuan :** Mengetahui hubungan antara dukungan keluarga, pola makan, dan aktivitas fisik dengan kadar gula darah penyandang DM tipe 2.

**Metode :** Penelitian ini menggunakan desain *cross sectional*. Populasi penelitian adalah penyandang DM di wilayah kerja Puskesmas Kandangan. Pengambilan sampel secara *consecutive sampling* sehingga didapatkan 127 orang responden. Pengukuran dukungan sosial dengan modifikasi kuesioner Hensarling's Family Diabetes Support Scale (HFDSS), Data pola makan menggunakan modifikasi Semi Kuantitatif Food Frequency Questionary (SQFFQ)., sedangkan aktivitas fisik menggunakan International Physical Activity Questionnaire (IPAQ). Analisis hubungan antar variabel dengan *chi square* dan regresi logistik.

**Hasil :** Hasil uji statistik bivariat yang signifikan dengan kadar gula darah penyandang DM tipe 2 ( $p < 0,05$ ) adalah jenis kelamin (OR 0,24 :95%CI: 0,07 – 0,55), dukungan keluarga (OR 6,55 : 95%CI: 2,81 – 15,47), aktivitas fisik (OR 6,81 :95%CI: 2,65 – 18,89). Analisis multivariabel variabel yang berisiko dominan dengan kadar gula darah penyandang DM tipe 2 adalah jenis kelamin (OR 0,25), dukungan keluarga (OR 4,22) dan aktivitas fisik (OR 5,45).

**Kesimpulan :** Tidak terdapat hubungan antara pola makan dengan kadar gula darah penyandang DM tipe 2. Terdapat hubungan antara aktivitas fisik dengan kadar gula darah penyandang DM tipe 2. Dukungan keluarga tidak mempengaruhi hubungan antara pola makan dengan kadar gula darah penyandang DM tipe 2. Dukungan keluarga mempengaruhi hubungan antara aktivitas fisik dan kadar gula darah penyandang DM tipe 2.

**Kata Kunci:** Diabetes tipe 2; dukungan keluarga; pola makan; aktivitas fisik; kadar gula darah

## ABSTRACT

**Background:** Diabetes melitus (DM) type 2 is a degenerative disease which prevalence has increased significantly in the last few decades. It required lifelong treatment and family support for people with diabetes could motivated thats to balanced diet and higher physical activity.

**Objective:** Determine the relationship of family support, dietary pattern, and physical activity with blood glucose levels of people with type 2 diabetes.

**Method:** This study used a cross sectional design. The research population was the people with DM disease in the working area of Kandangan Public Health Center. Sampling was done by consecutive sampling to get 127 respondents. Family support was measured by modifying the Hensarling's Family Diabetes Support Scale (HFDSS) questionnaire, dietary data using the Semi Quantitative Food Frequency Question (SQFFQ) modification, while physical activity measured International Physical Activity Questionnare (IPAQ). The data analysis using relationships between variables with chi square and logistic regression.

**Results:** Results that were significant with blood glucose levels of type 2 DM ( $p < 0.05$ ) were sex (OR 0.24: 95% CI: 0.07 - 0.55), family support (OR 6.55: 95% CI: 2.81 - 15.47), physical activity (OR 6.81: 95% CI: 2.65 -18.89). Variables that had the dominant risk with blood sugar levels of type 2 DM were sex (OR 0.25), family support (OR 4.22), and physical activity (OR 5.45).

**Conclusion:** There was no association between eating pattern and blood glucose levels of type 2 DM. Physical activity was associated with blood glucose levels of type 2 DM. There was no effect of family support in association between eating pattern and blood glucose levels of people with type 2 DM. Family support affected the association between physical activity and blood glucose levels of people with type 2 DM.

**Keywords:** Type 2 diabetes; family support; eating pattern; physical activity; blood glucose levels