

DAFTAR PUSTAKA

- Adams, A. S., Trinacty, C. M., Zhang, F., Kleinman, K., Grant, R. W., Meigs, J. B., Soumerai, S. B., *et al.* (2008). Medication adherence and racial differences in A1C control. *Diabetes Care*, 31(5), 916–921. <https://doi.org/10.2337/dc07-1924>
- Ahmad, N. S., Islahudin, F., & Paraidathathu, T. (2014). Factors associated with good glycemic control among patients with type 2 diabetes mellitus. *Journal of Diabetes Investigation*, 5(5), 563–569. <https://doi.org/10.1111/jdi.12175>
- Aini, F. N., Wicaksana, A. L., & Pangastuti, H. S. (2020). Tingkat Risiko Kejadian Kardiovaskular pada Penyandang Diabetes Melitus Tipe 2. *Jurnal Persatuan Perawat Nasional Indonesia (JPPNI)*, 4(3), 182. <https://doi.org/10.32419/jppni.v4i3.191>
- Aklima, Kritpracha, C., & Thaniwattananon, P. (2013). Dietary Behaviors among Patients with Type 2 Diabetes Mellitus in Indonesia. *Nurse Media Journal of Nursing*, 3(1), 499–509. <https://doi.org/10.14710/nmjn.v3i1.4453>
- Alebachew Woldu, M., & Diriba Wami, C. (2014). Factors Associated with Poor Glycemic Control among Patients with Type 2 Diabetes Mellitus in Ambo Hospital, Ambo; Ethiopia. *Endocrinology & Metabolic Syndrome*, 03(04), 2–7. <https://doi.org/10.4172/2161-1017.1000143>
- Alhaiti, A. H., Senitan, M., Dator, W. L. T., Sankarapandian, C., Baghdadi, N. A., Jones, L. K., Costa, C. Da, *et al.* (2020). Adherence of Type 2 Diabetic Patients to Self-Care Activity: Tertiary Care Setting in Saudi Arabia. *Journal of Diabetes Research*, 2020. <https://doi.org/10.1155/2020/4817637>
- Aloudah, N. M., Scott, N. W., Aljadhey, H. S., Araujo-Soares, V., Alrubeaan, K. A., & Watson, M. C. (2018). Medication adherence among patients with type 2 diabetes: A mixed methods study. *PLoS ONE*, 13(12), 1–18. <https://doi.org/10.1371/journal.pone.0207583>
- Al-Qazaz, H. K., Sulaiman, S. A., Hassali, M. A., Shafie, A. A., Sundram, S., Al-Nuri, R., & Saleem, F. (2011). Diabetes knowledge, medication adherence and glycemic control among patients with type 2 diabetes. *International Journal of Clinical Pharmacy*, 33(6), 1028–1035. <https://doi.org/10.1007/s11096-011-9582-2>
- Alzaheb, R. A., & Altemani, A. H. (2018). The prevalence and determinants of poor glycemic control among adults with type 2 diabetes mellitus in Saudi Arabia. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*, 11, 15–21. <https://doi.org/10.2147/DMSO.S156214>

- American Diabetes Association. (2020). 2. Classification and Diagnosis of Diabetes: Standards of Medical Care in Diabetes-2020. *Diabetes Care*, 43(January), S14–S31. <https://doi.org/10.2337/dc20-S002>
- American Diabetes Association. (2020). 5. Facilitating Behavior Change and Well-being to Improve Health Outcomes: Standards of Medical Care in Diabetes-2020. *Diabetes Care*, 43(January), S48–S65. <https://doi.org/10.2337/dc20-S005>
- American Diabetes Association. (2020). 9. Pharmacologic Approaches to Glycemic Treatment: Standards of Medical Care in Diabetes-2020. *Diabetes Care*, 43(January), S98–S110. <https://doi.org/10.2337/dc20-S009>
- Apovian, C. M., Bergenstal, R. M., Cuddihy, R. M., Qu, Y., Lenox, S., Lewis, M. S., & Glass, L. C. (2010). Effects of Exenatide Combined with Lifestyle Modification in Patients with Type 2 Diabetes. *American Journal of Medicine*, 123(5), 468.e9–468.e17. <https://doi.org/10.1016/j.amjmed.2009.11.019>
- Arrelias, C. C. A., Faria, H. T. G., De Souza Teixeira, C. R., Dos Santos, M. A., & Zanetti, M. L. (2015). Adherence to diabetes mellitus treatment and sociodemographic, clinical and metabolic control variables. *ACTA Paulista de Enfermagem*, 28(4), 315–322. <https://doi.org/10.1590/1982-0194201500054>
- Ausili, D., Bulgheroni, M., Ballatore, P., Specchia, C., Ajdini, A., Bezze, S., Di Mauro, S., *et al.* (2017). Self-care, quality of life and clinical outcomes of type 2 diabetes patients: an observational cross-sectional study. *Acta Diabetologica*, 54(11), 1001–1008. <https://doi.org/10.1007/s00592-017-1035-5>
- Bayram, S., Kızıltan, G., & Akın, O. (2020). Effect of adherence to carbohydrate counting on metabolic control in children and adolescents with type 1 diabetes mellitus. *Annals of Pediatric Endocrinology and Metabolism*, 25(3), 156–162. <https://doi.org/10.6065/apem.1938192.096>
- Beaton, D. E., Bombardier, C., Guillemin, F., & Ferraz, M. B. (2000). Guidelines for the process of cross-cultural adaptation of self-report measures. *Spine*, 25(24), 3186–3191. <https://doi.org/10.1097/00007632-200012150-00014>
- Boas, L. C. G. V., Foss, M. C., Freitas, M. C. F. de, & Pace, A. E. (2012). Relationship among social support, treatment adherence and metabolic control of diabetes mellitus patients. *Revista Latino-Americana de Enfermagem*, 20(1), 52–58. <https://doi.org/10.1590/s0104-11692012000100008>

- Borba, A. K. de O. T., Arruda, I. K. G., Marques, A. P. de O., Leal, M. C. C., & Diniz, A. da S. (2019). Knowledge and attitude about diabetes self-care of older adults in primary health care. *Ciencia e Saude Coletiva*, 24(1), 125–136. <https://doi.org/10.1590/1413-81232018241.35052016>
- Bruce, M. S. P., & Mallika, M. C. V. (2019). Prevalence of complications of diabetes among patients with diabetes mellitus attending a tertiary care centre in Tamil Nadu. *International Journal Of Community Medicine And Public Health*, 6(4), 1452. <https://doi.org/10.18203/2394-6040.ijcmph20191049>
- Bujang, M. A., Omar, E. D., & Baharum, N. A. (2018). A review on sample size determination for cronbach's alpha test: A simple guide for researchers. *Malaysian Journal of Medical Sciences*, 25(6), 85–99. <https://doi.org/10.21315/mjms2018.25.6.9>
- Cai, X., Hu, D., Pan, C., Li, G., Lu, J., Ji, Q., Su, B., *et al.* (2019). The risk factors of glycemic control, blood pressure control, lipid control in Chinese patients with newly diagnosed type 2 diabetes – A nationwide prospective cohort study. *Scientific Reports*, 9(1), 1–14. <https://doi.org/10.1038/s41598-019-44169-4>
- Chawla, A., Chawla, R., & Jaggi, S. (2016). Microvascular and macrovascular complications in diabetes mellitus: Distinct or continuum? *Indian Journal of Endocrinology and Metabolism*, 20(4), 546–553. <https://doi.org/10.4103/2230-8210.183480>
- Cheng, L. J., Wang, W., Lim, S. T., & Wu, V. X. (2019). Factors associated with glycaemic control in patients with diabetes mellitus: A systematic literature review. *Journal of Clinical Nursing*, 28(9–10), 1433–1450. <https://doi.org/10.1111/jocn.14795>
- Choe, S. A., Kim, J. Y., Ro, Y. S., & Cho, S. Il. (2018). Women are less likely than men to achieve optimal glycemic control after 1 year of treatment: A multi-level analysis of a Korean primary care cohort. *PLoS ONE*, 13(5), 1–10. <https://doi.org/10.1371/journal.pone.0196719>
- Cholil, A. R., Lindarto, D., Gde, T., Pemayun, D., Wisnu, W., Kumala, P., & Puteri, H. S. (2019). *DiabCare Asia 2012 : diabetes management , control , and complications in patients with type 2 diabetes in Indonesia*. 47–56.
- Colberg, S. R., Sigal, R. J., Yardley, J. E., Riddell, M. C., Dunstan, D. W., Dempsey, P. C., Horton, E. S., *et al.* (2016). Physical activity/exercise and diabetes: A position statement of the American Diabetes Association. *Diabetes Care*, 39(11), 2065–2079. <https://doi.org/10.2337/dc16-1728>

- D'Adamo, E., & Caprio, S. (2011). Type 2 diabetes in youth: Epidemiology and pathophysiology. *Diabetes Care*, 34(SUPPL. 2). <https://doi.org/10.2337/dc11-s212>
- Dahlan, M. S. (2010). Besar Sampel dan Cara Pengambilan Sampel dalam Penelitian Kedokteran dan Kesehatan (Edisi 3). Jakarta: Salemba Medika
- Dahlan, M. S. (2014). Statistik untuk Kedokteran dan Kesehatan Deskriptif, Bivariat, dan Multivariat, Dilengkapi Aplikasi Menggunakan (Edisi 6). Jakarta: Epidemiologi Indonesia.
- Davies, M. J., D'Alessio, D. A., Fradkin, J., Kernan, W. N., Mathieu, C., Mingrone, G., Rossing, P., *et al.* (2018). Management of hyperglycemia in type 2 diabetes, 2018. A consensus report by the American Diabetes Association (ADA) and the european association for the study of diabetes (EASD). *Diabetes Care*, 41(12), 2669–2701. <https://doi.org/10.2337/dci18-0033>
- De Tata, V. (2014). Age-related impairment of pancreatic beta-cell function: Pathophysiological and cellular mechanisms. *Frontiers in Endocrinology*, 5(SEP), 1–8. <https://doi.org/10.3389/fendo.2014.00138>
- Devane, D., Begley, C. M., & Clarke, M. (2004). How many do I need? Basic principles of sample size estimation. *Journal of Advanced Nursing*, 47(3), 297–302. <https://doi.org/10.1111/j.1365-2648.2004.03093.x>
- Dinas Kesehatan Kabupaten Sleman. (2019). Profil Kesehatan Kabupaten Sleman. Dinas Kesehatan Kabupaten Sleman, 1-181. <https://dinkes.slemankab.go.id>
- Drawz, P. E., Beddhu, S., Kramer, H. J., Rakotz, M., Rocco, M. V., & Whelton, P. K. (2020). Blood Pressure Measurement: A KDOQI Perspective. *American Journal of Kidney Diseases*, 75(3), 426–434. <https://doi.org/10.1053/j.ajkd.2019.08.030>
- Duarte, F. G., Da Silva Moreira, S., Almeida, M. D. C. C., De Souza Teles, C. A., Andrade, C. S., Reingold, A. L., & Moreira, E. D. (2019). Sex differences and correlates of poor glycaemic control in type 2 diabetes: A cross-sectional study in Brazil and Venezuela. *BMJ Open*, 9(3). <https://doi.org/10.1136/bmjopen-2018-023401>
- Eigenmann, C. A., Skinner, T., & Colagiuri, R. (2011). Development and validation of a diabetes knowledge questionnaire. *Practical Diabetes International*, 28(4). <https://doi.org/10.1002/pdi.1586>
- Elhayany, A., Lustman, A., Abel, R., Attal-Singer, J., & Vinker, S. (2010). A low carbohydrate Mediterranean diet improves cardiovascular risk factors and

diabetes control among overweight patients with type 2 diabetes mellitus: A 1-year prospective randomized intervention study. *Diabetes, Obesity and Metabolism*, 12(3), 204–209. <https://doi.org/10.1111/j.1463-1326.2009.01151.x>

Eticha, T., Mulu, A., Gebretsadik, H., Kahsay, G., Ali, D., & Rajeshwar, Y. (2016). Factors associated with poor glycemic control in type 2 diabetic patients investigated at Ayder referral hospital, Mekelle, Ethiopia *Ijppr. Human*, 6(3), 160–171.

Fekadu, G., Bula, K., Bayisa, G., Turi, E., Tolossa, T., & Kasaye, H. K. (2019). Challenges and factors associated with poor glycemic control among type 2 diabetes mellitus patients at nekemte referral hospital, Western Ethiopia. *Journal of Multidisciplinary Healthcare*, 12, 963–974. <https://doi.org/10.2147/JMDH.S232691>

Fenwick, E. K., Xie, J., Man, R. E. K., Sabanayagam, C., Lim, L., Rees, G., Wong, T. Y., *et al.* (2017). Combined poor diabetes control indicators are associated with higher risks of diabetic retinopathy and macular edema than poor glycemic control alone. *PLoS ONE*, 12(6), 1–13. <https://doi.org/10.1371/journal.pone.0180252>

Fiseha, T., Alemayehu, E., Kassahun, W., Adamu, A., & Gebreweld, A. (2018). Factors associated with glycemic control among diabetic adult out-patients in Northeast Ethiopia. *BMC Research Notes*, 11(1), 4–9. <https://doi.org/10.1186/s13104-018-3423-5>

Gebreyohannes, E. A., Netere, A. K., & Belachew, S. A. (2019). Glycemic control among diabetic patients in Ethiopia: A systematic review and meta-analysis. *PLoS ONE*, 14(8), 1–14. <https://doi.org/10.1371/journal.pone.0221790>

Gordon, J., McEwan, P., Idris, I., Evans, M., & Puelles, J. (2018). Treatment choice, medication adherence and glycemic efficacy in people with type 2 diabetes: A UK clinical practice database study. *BMJ Open Diabetes Research and Care*, 6(1), 1–9. <https://doi.org/10.1136/bmjdr-2018-000512>

Grimes, D. A., & Schulz, K. F. (2008). Making sense of odds and odds ratios. *Obstetrics and Gynecology*, 111(2), 423–426. <https://doi.org/10.1097/01.AOG.0000297304.32187.5d>

Haris, F., & Kristianti, L. Y. (2020). The Correlation between The Knowledge Level of Diabetes Management toward The Preprandial Glucose Levels. *Indonesian Journal of Nursing Practices*, 4(1), 21–27. <https://doi.org/10.18196/ijnp.41104>

- He, X., & Wharrad, H. J. (2007). Diabetes knowledge and glycemic control among Chinese people with type 2 diabetes. *International Nursing Review*, 54, 280–287.
- Hearnshaw, H., Wright, K., Dale, J., Sturt, J., Vermeire, E., & Van Royen, P. (2007). Development and validation of the Diabetes Obstacles Questionnaire (DOQ) to assess obstacles in living with Type 2 diabetes. *Diabetic Medicine*, 24(8), 878–882. <https://doi.org/10.1111/j.1464-5491.2007.02137.x>
- Heisler, M., Piette, J. D., Spencer, M., Kieffer, E., & Vijan, S. (2005). The relationship between knowledge of recent HbA1c values and diabetes care understanding and self-management. *Diabetes Care*, 28(4), 816–822. <https://doi.org/10.2337/diacare.28.4.816>
- Hermans, M. P., & Dath, N. (2017). Prevalence and co-prevalence of comorbidities in Belgian patients with type 2 diabetes mellitus: a transversal, descriptive study. *Acta Clinica Belgica: International Journal of Clinical and Laboratory Medicine*, 73(1), 68–74. <https://doi.org/10.1080/17843286.2017.1348710>
- Hertzog, M. A. (2008). Considerations in Determining Sample Size for Pilot Studies. *Research in Nursing and Health*, 31, 180–191. <https://doi.org/10.1002/nur.20247>
- Holt, RIG, *et al.* (2010). Textbook of Diabetes. Wiley-Blackwell. ISBN: 9781405191814
- Huang, J. H., Cheng, F. C., Tsai, L. C., Lee, N. Y., & Lu, Y. F. (2014). Appropriate physical activity and dietary intake achieve optimal metabolic control in older type 2 diabetes patients. *Journal of Diabetes Investigation*, 5(4), 418–427. <https://doi.org/10.1111/jdi.12164>
- International Diabetes Federation. (2019). *Nine edition 2019. International Diabetes Federation*. IDF Diabetes Atlas, 9th edn. Brussels, Belgium : International Diabetes Federation, 2019. <http://www.diabetesatlas.org> ISBN: 978-2-930229-87-4
- Irianti, S. R., Wicaksana, A. L., & Pangastuti, H. S. (2021). Validity and Reliability Test of The Indonesian Version for Diabetes Quality of Life - Brief Clinical Inventory. *Indian Journal of Public Health Research & Development*, 12(1), 434–439. <https://doi.org/10.37506/ijphrd.v12i1.13885>
- Ito, H., Omoto, T., Abe, M., Matsumoto, S., Shinozaki, M., Nishio, S., Antoku, S., *et al.* (2015). Relationships between the duration of illness and the current status of diabetes in elderly patients with type 2 diabetes mellitus. *Geriatrics*

and Gerontology International, 17(1), 24–30.
<https://doi.org/10.1111/ggi.12654>

Jannoo, Z., & Mamode Khan, N. (2019). Medication Adherence and Diabetes Self-Care Activities among Patients with Type 2 Diabetes Mellitus. *Value in Health Regional Issues*, 18, 30–35.
<https://doi.org/10.1016/j.vhri.2018.06.003>

Jenkins, D. W., & Jenks, A. (2017). Exercise and Diabetes: A Narrative Review. *Journal of Foot and Ankle Surgery*, 56(5), 968–974.
<https://doi.org/10.1053/j.jfas.2017.06.019>

Juarez, D. T., Sentell, T., Tokumaru, S., Goo, R., Davis, J. W., & Mau, M. M. (2012). Factors associated with poor glycemic control or wide glycemic variability among diabetes patients in Hawaii, 2006-2009. *Preventing Chronic Disease*, 9(9), 1–10. <https://doi.org/10.5888/pcd9.120065>

Kamuhabwa, A. R., & Charles, E. (2014). Predictors of poor glycemic control in type 2 diabetic patients attending public hospitals in Dar es Salaam. *Drug, Healthcare and Patient Safety*, 6, 155–165.
<https://doi.org/10.2147/DHPS.S68786>

Kassahun, T., Eshetie, T., & Gesesew, H. (2016). Factors associated with glycemic control among adult patients with type 2 diabetes mellitus: A cross-sectional survey in Ethiopia Endocrine Disorders. *BMC Research Notes*, 9(1), 1–6. <https://doi.org/10.1186/s13104-016-1896-7>

Kemkes RI. (2012). Petunjuk Teknis Pos Pembinaan Terpadu Penyakit Tidak Menular (Posbindu PTM). *Ditjen Pengendalian Penyakit Dan Penyehatan Lingkungan, Kementerian Kesehatan RI*, 1–39.
<http://p2ptm.kemkes.go.id/uploads/2016/10/Petunjuk-Teknis-Pos-Pembinaan-Terpadu-Penyakit-Tidak-Menular-POSBINDU-PTM-2013.pdf>

Kementerian Kesehatan RI. (2018). Hasil Utama Riset Kesehatan Dasar. *Kementrian Kesehatan Republik Indonesia*, 1–100.

Kementerian Kesehatan RI. (2018). Laporan Nasional Riskesdas 2018. In *Badan Penelitian dan Pengembangan Kesehatan*. Lembaga penerbit Badan Penelitian dan Pengembangan Kesehatan (LPB).
http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf

Kementerian Kesehatan RI. (2019). Petunjuk Teknis Pos Pembinaan Terpadu (POSBINDU) Bagi Kader. *Kementerian Kesehatan RI Direktorat Jenderal Pencegahan dan Pengendalian Penyakit*.

- Khan, A., Malik, S. A., Khan, A. A., Ahmad, A., & Ali, R. (2011). Effects of tobacco (smoking and snuffing) in type 2 diabetic patients. *International Journal of Food Safety, Nutrition and Public Health*, 4(2/3/4), 196. <https://doi.org/10.1504/ijfsnph.2011.044559>
- Khattab, M., Khader, Y. S., Al-Khawaldeh, A., & Ajlouni, K. (2010). Factors associated with poor glycemic control among patients with Type 2 diabetes. *Journal of Diabetes and Its Complications*, 24(2), 84–89. <https://doi.org/10.1016/j.jdiacomp.2008.12.008>
- Khusna, R. P., Wicaksana, A. L., Pangastuti, H. S. (2019). *Kepatuhan Diet Peserta Prolanis Diabetes Melitus Tipe 2 di Puskesmas Depok Sleman Yogyakarta*. Universitas Gadjah Mada.
- Krapek, K., King, K., Warren, S. S., George, K. G., Caputo, D. A., Mihelich, K., Holst, E. M., *et al.* (2004). Medication adherence and associated hemoglobin A 1c in type 2 diabetes. *Annals of Pharmacotherapy*, 38(9), 1357–1362. <https://doi.org/10.1345/aph.1D612>
- Kueh, Y. C., Morris, T., Borkoles, E., & Shee, H. (2015). Modelling of diabetes knowledge, attitudes, self-management, and quality of life: A cross-sectional study with an Australian sample. *Health and Quality of Life Outcomes*, 13(1), 1–11. <https://doi.org/10.1186/s12955-015-0303-8>
- Lemeshow, S., Hosmer Jr, D.W., Klar, J., Lwanga S.K. (1990) Adequacy of Sample Size in Health Studies. World Health Organization
- Lin, L., Sun, Y., Heng, B. H., Ek, D., & Chew, K. (2017). Medication adherence and glycemic control among newly diagnosed diabetes patients. *BMJ Open Diab Res Care*, 1–9. <https://doi.org/10.1136/bmjdr-2017-000429>
- Linmans, J. J., Spigt, M. G., Deneer, L., Lucas, A. E., De Bakker, M., Gidding, L. G., Linssen, R., *et al.* (2011). Effect of lifestyle intervention for people with diabetes or prediabetes in real-world primary care: Propensity score analysis. *BMC Family Practice*, 12. <https://doi.org/10.1186/1471-2296-12-95>
- Luijckx, H., Biermans, M., Bor, H., Van Weel, C., Lagro-Janssen, T., De Grauw, W., & Schermer, T. (2015). The effect of comorbidity on glycemic control and systolic blood pressure in type 2 diabetes: A cohort study with 5 year follow-up in primary care. *PLoS ONE*, 10(10), 1–18. <https://doi.org/10.1371/journal.pone.0138662>
- Luo, M., Lim, W. Y., Tan, C. S., Ning, Y., Chia, K. S., van Dam, R. M., Tang, W. E., *et al.* (2017). Longitudinal trends in HbA1c and associations with comorbidity and all-cause mortality in Asian patients with type 2 diabetes: A

cohort study. *Diabetes Research and Clinical Practice*, 133, 69–77.
<https://doi.org/10.1016/j.diabres.2017.08.013>

Mamo, Y., Bekele, F., Nigussie, T., & Zewudie, A. (2019). Determinants of poor glycemic control among adult patients with type 2 diabetes mellitus in Jimma University Medical Center, Jimma zone, south west Ethiopia: A case control study. *BMC Endocrine Disorders*, 19(1), 1–11.
<https://doi.org/10.1186/s12902-019-0421-0>

Mayo, A. M. (2015). Psychometric instrumentation: Reliability and validity of instruments used for clinical practice, evidence-based practice projects and research studies. *Clinical Nurse Specialist*, 29(3), 134–138.
<https://doi.org/10.1097/NUR.0000000000000131>

Mogre, V., Abanga, Z. O., Tzelepis, F., Johnson, N. A., & Paul, C. (2017). Adherence to and factors associated with self-care behaviours in type 2 diabetes patients in Ghana. *BMC Endocrine Disorders*, 17(1), 1–8.
<https://doi.org/10.1186/s12902-017-0169-3>

Monnier, L., & Colette, C. (2009). Target for glycemic control: concentrating on glucose. *Diabetes Care*, 32 Suppl 2. <https://doi.org/10.2337/dc09-s310>

Mulyani, R. (2015). faktor-faktor yang berhubungan dengan kadar glukosa darah pada pasien DM tipe 2. *Jurnal Keperawatan*, XI(4), 352–361.
<https://doi.org/10.1590/s1809-98232013000400007>

Muntner, P., Shimbo, D., Carey, R. M., Charleston, J. B., Gaillard, T., Misra, S., Myers, M. G., *et al.* (2019). Measurement of blood pressure in humans: A scientific statement from the american heart association. In *Hypertension* (Vol. 73, Issue 5). <https://doi.org/10.1161/HYP.0000000000000087>

Neto, J. C. G. L., Da Silva, A. P., De Araújo, M. F. M., Damasceno, M. M. C., Landim, M. B. P., & De Freitas, R. W. J. F. (2017). Metabolic control and medication adherence in people with diabetes mellitus. *ACTA Paulista de Enfermagem*, 30(2), 152–158. <https://doi.org/10.1590/1982-0194201700024>

Noviyantini, N. P. A., Wicaksana, A. L., & Pangastuti, H. S. (2019). Kualitas Hidup Peserta Prolanis Diabetes Tipe 2 di Yogyakarta. *Jurnal Persatuan Perawat Nasional Indonesia (JPPNI)*, 4(2), 98.
<https://doi.org/10.32419/jppni.v4i2.183>

Ohkuma, T., Iwase, M., Fujii, H., Kaizu, S., Ide, H., Jodai, T., Kikuchi, Y., *et al.* (2015). Dose- and time-dependent association of smoking and its cessation with glycemic control and insulin resistance in male patients with type 2 diabetes mellitus: The Fukuoka diabetes registry. *PLoS ONE*, 10(3), 1–11.
<https://doi.org/10.1371/journal.pone.0122023>

- Ono, B. E., Cobra, C. R. M. N., Castro, C. C. B. de, Margarido, E., Sabetta, & Silva, R. de C. G. e. (2016). *Knowledge , attitudes and metabolic control of diabetic and cardiac patients*. 17(6), 750–757. <https://doi.org/10.15253/2175-6783.2016000600004>
- Pamungkas, R. A., Chinnawong, T., & Kritpracha, C. (2015). *Dietary Behavior Among Muslim Patients With Poorly Controlled Type 2 Diabetes Mellitus in a Community Setting , in Indonesia*. 5(10), 8–13.
- Pamungkas, R., Hadijah, S., Mayasari, A., & Nudin. (2017). Factors associated with poor glycemic control among type 2 diabetes mellitus in Indonesia. *Belitung Nursing Journal*, 3(3), 272–280. <https://doi.org/https://doi.org/10.33546/bnj.61>
- Panagiotakos, D. B., Tzima, N., Pitsavos, C., Chrysohoou, C., Papakonstantinou, E., Zampelas, A., & Stefanadis, C. (2005). The Relationship between Dietary Habits, Blood Glucose and Insulin Levels among People without Cardiovascular Disease and Type 2 Diabetes; The ATTICA Study. *The Review of Diabetic Studies*, 2(4), 208–208. <https://doi.org/10.1900/rds.2005.2.208>
- Papatheodorou, K., Banach, M., Bekiari, E., Rizzo, M., & Edmonds, M. (2018). Complications of Diabetes 2017. *Journal of Diabetes Research*, 2018. <https://doi.org/10.1155/2018/3086167>
- Pardede, T. E., Rosdiana, D., & Christianto, E. (2017). Gambaran Pengendalian Diabetes Melitus Berdasarkan Parameter Indeks Massa Tubuh dan Tekanan Darah di Poli Rawat Jalan Penyakit dalam RSUD Arifin Achmad Pekanbaru. *Jurnal Online Mahasiswa Fakultas Kedokteran Universitas Riau*, 4(1), 1–14.
- Parker, R. A., & Berman, N. G. (2016). Matching in Observational Studies. In *Planning Clinical Research* (pp. 321–333). Cambridge University Press. <https://doi.org/10.1017/CBO9781139024716.028>
- Patramurti, C., & Fenty. (2020). Association Between Smoking Behaviour And Glycohemoglobine Levels Among Adult Javanese Indonesian Smokers. *Jurnal Farmasi Sains Dan Komunitas*, 17(2), 76–85. <https://doi.org/http://dx.doi.org/10.24071/jpsc.002408>
- Peng, K., Chen, G., Liu, C., Mu, Y., Ye, Z., Shi, L., Zhao, J., *et al.* Reaction Study Group (2018). Association between smoking and glycemic control in diabetic patients: Results from the Risk Evaluation of cAncers in Chinese diabeTic Individuals: A longitudinal (REACTION) study. *Journal of diabetes*, 10(5), 408–418. <https://doi.org/10.1111/1753-0407.12625>

- PERKENI. (2015). *Pengolahan dan Pencegahan Diabetes Melitus Tipe 2 Di Indonesia 2015*.
- PERKENI. (2019). Pedoman pengelolaan dan pencegahan diabetes melitus tipe 2 dewasa di Indonesia 2019. *Perkumpulan Endokrinologi Indonesia*, 1–117. <https://pbperkeni.or.id/wp-content/uploads/2020/07/Pedoman-Pengelolaan-DM-Tipe-2-Dewasa-di-Indonesia-eBook-PDF-1.pdf>
- Persell, S. D., Keating, N. L., Landrum, M. B., Landon, B. E., Ayanian, J. Z., Borbas, C., & Guadagnoli, E. (2004). Relationship of diabetes-specific knowledge to self-management activities, ambulatory preventive care, and metabolic outcomes. *Preventive Medicine*, 39(4), 746–752. <https://doi.org/10.1016/j.ypmed.2004.02.045>
- Plichta, S. B., & Kelvin, E. A. (2011). Munro's statistical methods for health care research: Sixth edition. In *Munro's Statistical Methods for Health Care Research: Sixth Edition*.
- Polit, D. F., Beck, C. T., & Owen, S. (2007). Focus on Research Methods Is the CVI an Acceptable Indicator of Content Validity? Appraisal and Recommendations. *Research in Nursing and Health*, 30, 459–467. <https://doi.org/10.1002/nur.20199>
- Powers, M. A., Bardsley, J., Cypress, M., Duker, P., Funnell, M. M., Fischl, A. H., Maryniuk, M. D., *et al.* (2017). Diabetes Self-management Education and Support in Type 2 Diabetes: A Joint Position Statement of the American Diabetes Association, the American Association of Diabetes Educators, and the Academy of Nutrition and Dietetics. *Diabetes Educator*, 43(1), 40–53. <https://doi.org/10.1177/0145721716689694>
- Purwitaningtyas, R. Y., Putra, I. W. G. A. E., & Wirawan, D. N. (2015). Faktor Risiko Kendali Glikemik Buruk pada Penderita Diabetes Melitus Tipe 2 di Puskesmas Kembangbira Kabupaten Banyuwangi. *Public Health and Preventive Medicine Archive*, 3(1), 66. <https://doi.org/10.15562/phpma.v3i1.90>
- Qiu, S., Cai, X., Schumann, U., Velders, M., Sun, Z., & Steinacker, J. M. (2014). Impact of walking on glycemic control and other cardiovascular risk factors in type 2 diabetes: A meta-analysis. *PLoS ONE*, 9(10). <https://doi.org/10.1371/journal.pone.0109767>
- Qiu, S. H., Sun, Z. L., Cai, X., Liu, L., & Yang, B. (2012). Improving patients' adherence to physical activity in diabetes mellitus: A review. *Diabetes and Metabolism Journal*, 36(1), 1–5. <https://doi.org/10.4093/dmj.2012.36.1.1>

- Rahayu, F. P., & Wicaksana, A. L. (2021). Medication, illness duration, and medication adherence among peer support groups of diabetic patients. *International Journal of Pharmaceutical Research*, 13(1), 5831–5839. <https://doi.org/10.31838/ijpr/2021.13.01.760>
- Ramadhan, N., Marissa, N., Fitria, E., & Wilya, V. (2018). Pengendalian Diabetes Melitus Tipe 2 pada Pasien di Puskesmas Jayabaru Kota Banda Aceh. *Media Penelitian Dan Pengembangan Kesehatan*, 28(4), 239–246. <https://doi.org/10.22435/mpk.v28i4.63>
- Rasekaba, T. M., Graco, M., Risteski, C., Jasper, A., Berlowitz, D. J., Hawthorne, G., & Hutchinson, A. (2012). Impact of a diabetes disease management program on diabetes control and patient quality of life. *Population Health Management*, 15(1), 12–19. <https://doi.org/10.1089/pop.2011.0002>
- Ruiz-Roso, M. B., Knott-Torcal, C., Matilla-Escalante, D. C., Garcimartín, A., Sampedro-Nuñez, M. A., Dávalos, A., & Marazuela, M. (2020). Covid-19 lockdown and changes of the dietary pattern and physical activity habits in a cohort of patients with type 2 diabetes mellitus. *Nutrients*, 12(8), 1–16. <https://doi.org/10.3390/nu12082327>
- Russo, G., Pintaudi, B., Giorda, C., Lucisano, G., Nicolucci, A., Cristofaro, M. R., Suraci, C., *et al.* (2015). *Age- and Gender-Related Differences in LDL-Cholesterol Management in Outpatients with Type 2 Diabetes Mellitus*. 2015(Cvd).
- Sanal, T. S., Nair, N. S., & Adhikari, P. (2011). Factors associated with poor control of type 2 diabetes mellitus - A systematic review and meta analysis. *Diabetes Technology and Therapeutics*, 13(2), 268–269.
- Santos, F. R. M., Bernardo, V., Gabbay, M. A. L., Dib, S. A., & Sigulem, D. (2013). The impact of knowledge about diabetes, resilience and depression on glycemic control: A cross-sectional study among adolescents and young adults with type 1 diabetes. *Diabetology and Metabolic Syndrome*, 5(1), 1–5. <https://doi.org/10.1186/1758-5996-5-55>
- Sari, M. I., Sari, N., Darlan, D. M., & Prasetya, R. J. (2018). Cigarette smoking and hyperglycaemia in diabetic patients. *Open Access Macedonian Journal of Medical Sciences*, 6(4), 634–637. <https://doi.org/10.3889/oamjms.2018.140>
- Shams, N., Amjad, S., Seetlani, N. K., & Ahmed, W. (2016). Diabetes knowledge in elderly type 2 diabetes mellitus patients and association with glycemic control. *Journal of the Liaquat University of Medical and Health Sciences*, 15(2), 71–77.

- Sliwinska-Mosson, M., & Milnerowicz, H. (2017). The impact of smoking on the development of diabetes and its complications. *Diabetes and Vascular Disease Research*, 14(4), 265–276. <https://doi.org/10.1177/1479164117701876>
- Smith-Palmer, J., Brändle, M., Trevisan, R., Orsini Federici, M., Liabat, S., & Valentine, W. (2014). Assessment of the association between glycemic variability and diabetes-related complications in type 1 and type 2 diabetes. *Diabetes Research and Clinical Practice*, 105(3), 273–284. <https://doi.org/10.1016/j.diabres.2014.06.007>
- Soegondo, S., Soewondo, P., & Subekti, I. (2018). *Penatalaksanaan diabetes melitus terpadu*. Jakarta: Balai Penerbit FK UI.
- Sugiharto, S., & Hsu, Y. (2020). *Does Vegetarian Diet Affect on Glycemic Control ? A Systematic Review and Meta-Analysis Study selection*. 0966(2). <https://doi.org/10.36349/EASJNM.2020.v02i02.021>
- Sugiharto, S., Hsu, Y. Y., Toobert, D. J., & Wang, S. T. (2019). The validity and reliability of the summary of diabetes self-care activities questionnaire: An Indonesian version. *Indonesian Nursing Journal of Education and Clinic (INJEC)*, 4(1), 25–36. <https://doi.org/10.24990/INJEC.V4I1.229>
- Tharek, Z., Ramli, A. S., Whitford, D. L., Ismail, Z., Mohd Zulkifli, M., Ahmad Sharoni, S. K., Shafie, A. A., *et al.* (2018). Relationship between self-efficacy, self-care behaviour and glycaemic control among patients with type 2 diabetes mellitus in the Malaysian primary care setting. *BMC Family Practice*, 19(1), 1–10. <https://doi.org/10.1186/s12875-018-0725-6>
- The TRIAD Study Group. (2010). Health systems, patients factors, and quality of care for diabetes: A synthesis of findings from the TRIAD study. *Diabetes Care*, 33(4), 940–947. <https://doi.org/10.2337/dc09-1802>
- Thushara, C., Sreeja, P. A., & Radhakrishnan, A. P. (2017). *International Journal of Research in Assessment of level of knowledge and to explore association between knowledge and diabetic complications among type 2 diabetes mellitus patients*. 6(2), 218–223.
- Toh. (2011). Association of Younger Age With Poor Glycemic and Cholesterol Control in Asians With Type 2 Diabetes Mellitus in Singapore. *Journal of Endocrinology and Metabolism*, 1(1), 27–37. <https://doi.org/10.4021/jem13e>
- Toljamo, M., & Hentinen, M. (2001). Adherence to self-care and glycaemic control among people with insulin-dependent diabetes mellitus. *Journal of Advanced Nursing*, 34(6), 780–786. <https://doi.org/10.1046/j.1365-2648.2001.01808.x>

- Toobert, D. J., Hampson, S. E., & Glasgow, R. E. (2000). The Summary of Diabetes Self-Care. *Diabetes Care Journal*, 23(7), 943–950. <https://doi.org/10.2337/diacare.23.7.943>
- Turner-mcgriev, G. M., Jenkins, D. J. A., Barnard, N. D., Cohen, J., Gloede, L., & Green, A. A. (2011). Decreases in Dietary Glycemic Index Are Related to Weight Loss among Individuals following Therapeutic Diets for Type 2 Diabetes. *The Journal of Nutrition*, 141, 1469–1474. <https://doi.org/10.3945/jn.111.140921>
- Upadhyay, J., Polyzos, S. A., Perakakis, N., Thakkar, B., Paschou, S. A., Katsiki, N., Underwood, P., *et al.* (2018). Pharmacotherapy of type 2 diabetes: An update. *Metabolism: Clinical and Experimental*, 78, 13–42. <https://doi.org/10.1016/j.metabol.2017.08.010>
- Villegas, R., Xiao, O. S., Gao, Y. T., Yang, G., Elasy, T., Li, H., & Zheng, W. (2008). Vegetable but not fruit consumption reduces the risk of type 2 diabetes in Chinese women. *Journal of Nutrition*, 138(3), 574–580. <https://doi.org/10.1093/jn/138.3.574>
- Wahyuni, A., & Ramayani, D. (2020). the Relationship Between Self-Efficacy and Self-Care in Type 2 Diabetes Mellitus Patients. *The Malaysian Journal of Nursing*, 11(03), 68–75. <https://doi.org/10.31674/mjn.2020.v11i03.011>
- Wahyuni, S., & Alkaff, R. N. (2012). Dabetes Melitus Pada Perempuan Usia Reproduksi di Indonesia Tahun 2007. *Jurnal Kesehatan Reproduksi*, 3(1), 46 – 51.
- Weerarathna, T. P., Weerarathna, M. K., Senadheera, V., Meththananda Herath, H. M., & Liyanage, G. (2018). Association of Self-Reported Dietary and Drug Compliance with Optimal Metabolic Control in Patients with Type 2 Diabetes: Clinic-Based Single-Center Study in a Developing Country. *Journal of Nutrition and Metabolism*, 2018(Cvd), 10–15. <https://doi.org/10.1155/2018/3421476>
- Weickert, M. O., Mohlig, M., Koebnick, C., Holst, J. J., Namsolleck, P., Ristow, M., Osterhoff, M., *et al.* (2005). Impact of cereal fibre on glucose-regulating factors. *Diabetologia*, 48(11), 2343–2353. <https://doi.org/10.1007/s00125-005-1941-x>
- Whelton, P. K., Carey, R. M., Aronow, W. S., Casey, D. E., Collins, K. J., Himmelfarb, C. D., DePalma, S. M., *et al.* (2018). 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA guideline for the prevention, detection, evaluation, and management of high blood pressure in adults a report of the American College of Cardiology/American Heart Association Task Force on Clinical pr. In

Hypertension (Vol. 71, Issue 6).
<https://doi.org/10.1161/HYP.0000000000000065>

Wibowo, R., Nugraha, G., Sari, J. I. (2019). Gambaran HbA1c dan Glukosa Puasa pada Penderita Diabetes Melitus. *Binawan Student Journal*, 1(2), 5-8.

Wicaksana, A. L. (2017). *Knowledge, attitude and behavior toward dietary salt : The nescience among hypertensive patients in Indonesia*. 5(8), 3413–3419.

Wicaksana, A. L., Hertanti, N. S., Ferdiana, A., & Pramono, R. B. (2020). Diabetes management and specific considerations for patients with diabetes during coronavirus diseases pandemic: A scoping review. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*. <https://doi.org/https://doi.org/10.1016/j.dsx.2020.06.070>

Widyahening, I. S., & Soewondo, P. (2012). Capacity for Management of Type 2 Diabetes Mellitus (T2 DM) in Primary Health Centers in Indonesia. *J Indon Med Assoc*, 62(11), 439–443.

Win, A. M., Yen, L. W., Tan, K. H., Lim, R. B. T., Chia, K. S., & Mueller-Riemenschneider, F. (2015). Patterns of physical activity and sedentary behavior in a representative sample of a multi-ethnic South-East Asian population: A cross-sectional study. *BMC Public Health*, 15(1), 1–11. <https://doi.org/10.1186/s12889-015-1668-7>

Wong, J. M. W., Souza, R. de, Kendall, C. W. C., Emam, A., & Jenkin, D. J. A. (2006). Colonic Health: Fermentation and Short Chain Fatty Acids. *Journal of Clinical Gastroenterology*, 40(3), 253–256.

World Health Organization (2007). Prevention of Cardiovascular Disease: Pocket Guidelines for Assessment and Management of Cardiovascular Risk. *World Health Organization*. ISBN 978 92 4 154726 0

World Health Organization (2016). Global Report on Diabetes. *World Health Organization*

World Health Organization (2019). Classification of diabetes mellitus. *World Health Organization*

Wu, J., Pan, G., Huang, Y. T., Liu, D. K., Zeng, H. X., Zhou, X. J., Lai, X. Y., *et al.* (2020). Effects of passive smoking and its duration on the prevalence of prediabetes and type 2 diabetes mellitus in Chinese women. *Aging*, 12(10), 9440–9446. <https://doi.org/10.18632/aging.103217>

Yang, H., Gao, J., Ren, L., Li, S., Chen, Z., Huang, J., Zhu, S., *et al.* (2017). Association between Knowledge-Attitude-Practices and Control of Blood Glucose, Blood Pressure, and Blood Lipids in Patients with Type 2 Diabetes

in Shanghai, China: A Cross-Sectional Study. *Journal of Diabetes Research*, 2017. <https://doi.org/10.1155/2017/3901392>

Zhu, H. T., Yu, M., Hu, H., He, Q. F., Pan, J., & Hu, R. Y. (2019). Factors associated with glycemic control in community-dwelling elderly individuals with type 2 diabetes mellitus in Zhejiang, China: A cross-sectional study. *BMC Endocrine Disorders*, 19(1), 1–11. <https://doi.org/10.1186/s12902-019-0384-1>

Zoungas, S., Chalmers, J., Ninomiya, T., Li, Q., Cooper, M. E., Colagiuri, S., Fulcher, G., *et al.* (2012). Association of HbA 1c levels with vascular complications and death in patients with type 2 diabetes: Evidence of glycaemic thresholds. *Diabetologia*, 55(3), 636–643. <https://doi.org/10.1007/s00125-011-2404-1>

Zowgar, A. M., Siddiqui, M. I., & Alattas, K. M. (2018). Level of diabetes knowledge among adult patients with diabetes using diabetes knowledge test. *Saudi Medical Journal*, 39(2), 161–168. <https://doi.org/10.15537/smj.2017.2.21343>