

ABSTRAK

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Penelitian, Juni 2026

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**Hubungan *Self Efficacy* dengan Kepatuhan Diet pada Penderita Diabetes Melitus di
Wilayah Kerja Puskesmas Sail Kota Pekanbaru**

XIV + 58 Halaman + 3 Tabel + 4 Lampiran

ABSTRAK

Diabetes Melitus merupakan penyakit metabolik kronis yang ditandai dengan peningkatan kadar glukosa darah akibat gangguan sekresi insulin, kerja insulin, atau keduanya. Kepatuhan diet merupakan salah satu faktor penting dalam pengelolaan Diabetes Melitus untuk mengontrol kadar gula darah dan mencegah komplikasi. *Self efficacy* merupakan keyakinan individu terhadap kemampuannya dalam melakukan pengelolaan penyakit secara mandiri yang diduga berhubungan dengan kepatuhan diet pasien. Penelitian ini bertujuan untuk mengetahui hubungan *self efficacy* dengan kepatuhan diet pada penderita Diabetes Melitus di Wilayah Kerja Puskesmas Sail Kota Pekanbaru. Penelitian ini menggunakan metode kuantitatif dengan desain *cross sectional*. Populasi penelitian berjumlah 254 penderita Diabetes Melitus dengan sampel sebanyak 155 responden yang dipilih menggunakan teknik *accidental sampling*. Pengumpulan data dilakukan menggunakan kuesioner *self efficacy* dan kuesioner kepatuhan diet. Analisis data dilakukan secara univariat dan bivariat untuk mengetahui hubungan antara kedua variabel. Hasil penelitian menunjukkan terdapat hubungan antara *self efficacy* dengan kepatuhan diet pada penderita Diabetes Melitus di Wilayah Kerja Puskesmas Sail Kota Pekanbaru. Semakin baik *self efficacy* yang dimiliki pasien maka semakin baik pula kepatuhan diet yang dijalankan. Oleh karena itu, tenaga kesehatan khususnya perawat perlu meningkatkan *self efficacy* pasien melalui edukasi dan pendampingan guna meningkatkan kepatuhan diet serta mencegah terjadinya komplikasi Diabetes Melitus.

Kata Kunci: *Self Efficacy*, Kepatuhan Diet, Diabetes Melitus, Penderita DM.

Referensi: 43(2016-2026)

ABSTRACT

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***The Relationship Between Self-Efficacy and Dietary Compliance Among Patients with
Diabetes Mellitus in the Working Area of Sail Public Health Center, Pekanbaru City
XIV + 58 Pages + 3 Tables + 4 Appendices***

ABSTRACT

Diabetes Mellitus is a chronic metabolic disease characterized by elevated blood glucose levels due to impaired insulin secretion, insulin action, or both. Dietary compliance is one of the most important factors in the management of Diabetes Mellitus to control blood glucose levels and prevent complications. Self-efficacy refers to an individual's belief in their ability to independently manage their disease and is assumed to be associated with dietary compliance. This study aimed to determine the relationship between self-efficacy and dietary compliance among patients with Diabetes Mellitus in the working area of Sail Public Health Center, Pekanbaru City. This study employed a quantitative method with a cross-sectional design. The population consisted of 254 patients with Diabetes Mellitus, and 155 respondents were selected using an accidental sampling technique. Data were collected using self-efficacy and dietary compliance questionnaires. Data analysis was conducted using univariate and bivariate analyses to determine the relationship between the two variables. The results showed that there was a relationship between self-efficacy and dietary compliance among patients with Diabetes Mellitus in the working area of Sail Public Health Center, Pekanbaru City. Patients with higher self-efficacy tended to have better dietary compliance. Therefore, healthcare professionals, especially nurses, need to enhance patients' self-efficacy through education and support in order to improve dietary compliance and prevent complications of Diabetes Mellitus.

Keywords: Self-Efficacy, Dietary Compliance, Diabetes Mellitus, Patients with Diabetes Mellitus.

References: 43 (2016-2026)