

**PROGRAM STUDI D-III KEPERAWATAN
IKES PAYUNG NEGERI PEKANBARU
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Hubungan *Support Sistem* Keluarga dengan Kepatuhan Diet Pasien Diabetes Mellitus di Puskesmas Rejosari Pekanbaru

xiii + 46 halaman + 8 Tabel + 1 Gambar + 9 Lampiran

ABSTRAK

Prevalensi diabetes di Indonesia berdasarkan dengan diagnosis dokter pada kalangan umur ≥ 15 tahun sebanyak 2 % meningkat dibandingkan hasil riskerdas 2013 yaitu sebesar 1,5%.. Diet diabetes dilakukan untuk mengatur pola makan sesuai porsi yang ditentukan pada penderita DM. dengan mempertahankan 3J yaitu jumlah, jenis dan jadwal diet DM. penelitian bertujuan untuk mengetahui hubungan *Support Sistem* Keluarga dengan Kepatuhan Diet Pasien Diabetes Mellitus di Puskesmas Rejosari Pekanbaru. Jenis penelitian kuantitatif dan desain deskriptif. Populasi penelitian adalah pasien diabetes mellitus berjumlah 228 orang, dan sampel sebanyak 39 orang, dengan teknik *accidental sampling*. Instrumen penelitian adalah kuesioner, pengolahan data secara komputerisasi SPSS, dengan analisa data secara univariat dan bivariat. Hasil penelitian diketahui mayoritas responden dalam kelompok *Support System* Keluarga kurang sebanyak 21 orang (46,2%), dan tidak patuh sebanyak 28 orang (71,8%). Hasil bivariat diketahui Ada hubungan *support sistem* keluarga dengan kepatuhan diet pasien diabetes mellitus di Puskesmas Rejosari Pekanbaru, dengan uji *chi square* $p.value = 0,015 < 0,05$. Diharapkan pihak puskesmas memberikan edukasi serta informasi kepada pasien DM dengan cara membuat leaflet, poster mengenai DM khususnya penanganan DM untuk mengendalikan kadar glukosa dalam darah serta mencegah komplikasi dan selalu mensosialisasikan sesuatu yang baru untuk menangani DM dengan terus meng-update keilmuan mengenai DM khususnya.

Kata kunci : *Support Sistem* Keluarga, Kepatuhan, Diet, Diabetes Mellitus
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Relationship between Family System Support and Diet Compliance in Diabetes Mellitus Patients at the Rejosari Community Health Center, Pekanbaru

Xiii + 46 pages + 8 Tables + 1 Figure + 9 Attachments

ABSTRACT

The prevalence of diabetes in Indonesia is based on a doctor's diagnosis among people aged ≥ 15 years by 2%, an increase compared to the 2013 Riskerdas results, namely 1.5%. The diabetes diet is carried out to regulate eating patterns according to the portions determined for DM sufferers. by maintaining the 3Js, namely the number, type and schedule of the DM diet. The research aims to determine the relationship between Family System Support and Diet Compliance in Diabetes Mellitus Patients at the Rejosari Pekanbaru Community Health Center. This type of research is quantitative and descriptive design. The research population was 228 diabetes mellitus patients, and the sample was 39 people, using accidental sampling technique. The research instrument is a questionnaire, computerized data processing using SPSS, with univariate and bivariate data analysis. The results of the research showed that the majority of respondents in the Family Support System group were 39 people lacking (56.5%) and respondents in the non-compliant group were 44 people (63.8%). The results of the chi square test showed that there was a relationship between family support system and dietary compliance in diabetes mellitus patients at the Rejosari Pekanbaru Community Health Center, with $p.value = 0.015 < 0.05$. It is hoped that the health center will provide education and information to DM patients by making leaflets and posters about DM, especially DM treatment to control blood glucose levels and prevent complications and always socialize something new to treat DM by continuing to update knowledge about DM in particular.

Keywords : Family Support System, Compliance, Diet, Diabetes Mellitus
Bibliography : 23 (2018-2024)