

**PROGRAM STUDI S1 KEPERAWATAN FALKUTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
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**Pengaruh Terapi Perilaku Modeling Partisipan Terhadap Kepatuhan Gaya
Hidup Sehat Pada Penderita Diabetes Melitus Di Wilayah Puskesmas
Garuda Kota Pekanbaru**

X + 30 Halaman + 5 Tabel + 2 Lampiran

ABSTRACT

Kepatuhan gaya hidup sehat pada penderita diabetes mellitus tidak bisa diabaikan karena dapat menjaga kestabilan kadar gula darah dan untuk mencegah timbulnya berbagai komplikasi. Salah satu terapi efektif yang menjanjikan untuk meningkatkan kepatuhan gaya hidup sehat pada penderita DM yaitu terapi perilaku *modeling partisipan*. Tujuan dari penelitian ini untuk melihat pengaruh terapi perilaku modeling partisipan terhadap kepatuhan gaya hidup sehat pada penderita diabetes melitus di wilayah kerja Puskesmas Garuda Kota Pekanbaru. Penelitian ini merupakan penelitian kuantitatif yang menggunakan desain eksperimen semu (quasi-experiment) dengan pendekatan *pre test and post test nonequivalent control group*. Hasil uji Paired Sample T-Test dan Independen Sample T-Test didapatkan nilai p-value sebesar 0,000 ($<0,05$), sehingga H_0 ditolak. Yang artinya hasil uji *Paired Sample T-Test* menunjukkan adanya perbedaan kepatuhan gaya hidup sehat pre test dan post test pada penderita DM dan hasil uji Independen T-Test ditemukan adanya perbedaan kelompok intervensi dan kelompok kontrol pre test dan post test pada penderita DM di wilayah puskesmas Garuda Kota Pekanbaru. Hasil penelitian ini menyimpulkan bahwa ada pengaruh terapi perilaku modeling partisipan terhadap kepatuhan gaya hidup sehat pada penderita DM (p value $0,000 < 0,05$) dan ada perbedaan kelompok kontrol dengan kelompok intervensi setelah penerapan terapi perilaku modeling partisipan (p value $0,000 < 0,05$).

Kata kunci : Penderita Diabetes Melitus, Perilaku Modeling Partisipan, Kepatuhan Gaya Hidup Sehat.

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**The Effect of Participant Modeling Behavioral Therapy on Adherence to a
Healthy Lifestyle in Diabetes Mellitus Sufferers in the Garuda Community
Health Center Area, Pekanbaru City**

X + 30 Schemes + 5 Tables + 2 Appendixes

ABSTRACT

Compliance with a healthy lifestyle in diabetes mellitus sufferers cannot be ignored because it can maintain stable blood sugar levels and prevent various complications. One effective therapy that promises to increase adherence to a healthy lifestyle in DM sufferers is participant modeling behavior therapy. The aim of this research is to see the effect of participant modeling behavior therapy on adherence to a healthy lifestyle in diabetes mellitus sufferers in the working area of the Garuda Community Health Center, Pekanbaru City. This research is a quantitative study that uses a quasi-experiment design with a nonequivalent control group pre-test and post-test approach. The design in this study has an intervention group and a control group, this design was chosen to provide insight into the effect of treatment in a more realistic context without randomization. The results of the Paired Sample T-Test and Independent Sample T-Test showed a p-value of 0.000 (<0.05), so H_0 was rejected. This means that the results of the Paired Sample T-Test show that there is a difference in pre-test and post-test adherence to a healthy lifestyle in DM sufferers and the results of the Independent T-Test test show that there is a difference in the intervention group and the control group in pre-test and post-test in DM sufferers in the community health center area. Garuda Pekanbaru City. The results of this study concluded that there was an effect of participant modeling behavior therapy on adherence to a healthy lifestyle in DM sufferers (p value $0.000 < 0.05$) and there was a difference between the control group and the intervention group after implementing participant modeling behavior therapy (p value $0.000 < 0.05$).

Keywords : Diabetes Mellitus Sufferers, Participant Modeling Behavior, Adherence to a Healthy Lifestyle.

References : 25 (2020-2024)