

ABSTRAK

Abstrak

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Hubungan *Health Locus of Control* dengan Perilaku Makan pada Diabetesi di Wilayah Kerja Puskesmas Sumpalsari, 2024.

x + 118 hal + 2 bagan + 14 tabel + 5 gambar + 17 lampiran

Abstrak

Diabetes melitus adalah kelainan metabolisme kompleks yang ditandai dengan hiperglikemia, suatu kondisi abnormal fisiologis yang ditandai dengan peningkatan kadar glukosa darah secara terus-menerus. *Health locus of control* (HLOC) adalah keyakinan manusia tentang letak pengendalian kesehatan dan memiliki peran sentral dalam layanan kesehatan. Perilaku makan adalah istilah luas yang mencakup pilihan dan motivasi makanan, kebiasaan makan, pola makan, dan masalah terkait makanan seperti obesitas, gangguan makan, dan gangguan makan. Penelitian ini menggunakan desain penelitian kolerasi dengan pendekatan *cross sectional*, bertujuan untuk menghubungkan antara *health locus of control* dan perilaku makan. Populasi dalam penelitian ini adalah diabetesi di wilayah kerja puskesmas sumpalsari dengan jumlah sampel 267 responden. Teknik pengambilan sampel menggunakan *Simple Random Sampling*. Proses pengambilan data menggunakan kuesioner *multidimensional health locus of control* dan *duch eating behavior questionnaire*. Hasil penelitian tentang *health locus of control* menunjukkan mayoritas diabetesi memiliki *health locus of control* cukup. Hasil penelitian perilaku makan menunjukkan mayoritas diabetesi memiliki perilaku makan cukup. Hasil penelitian menggunakan uji *Rank spearman rho* ($\alpha = 0,05$) menunjukkan adanya hubungan antara *health locus of control* dengan perilaku makan pada diabetesi di wilayah kerja sumpalsari, dengan nilai $p = 0,000$. Kesimpulan penelitian ini bahwa ada hubungan antara *health locus of control* dengan perilaku makan pada diabetesi. Rekomendasi penelitian ini yaitu dapat dijadikan referensi perawat dalam melakukan edukasi dan intervensi kepada diabetesi supaya lebih memperhatikan *health locus of control* dengan perilaku makan diabetesi.

Kata kunci: *Health locus of control*, Perilaku makan, Diabetesi
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Abstract

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Relationship between Health Locus of Control and Eating Behavior with Diabetics in the Summersari Health Center Working Area, 2024.

x + 118 page + 2 charts + 14 tables + 5 figures + 17 attachments

Abstract

Diabetes mellitus is a complex metabolic disorder characterized by hyperglycemia, a physiological abnormal condition characterized by a continuous increase in blood glucose levels. Health locus of control (HLOC) is a human belief about the location of health control and has a central role in health services. Eating behavior is a broad term that includes food choices and motivations, eating habits, eating patterns, and food-related problems such as obesity, eating disorders, and eating disorders. This study uses a correlational research design with a cross sectional approach, aiming to correlate between health locus of control and eating behavior. The population in this study were diabetics in the working area of the Summersari health center with a sample size of 267 respondents. The sampling technique used Simple Random Sampling. The data collection process used multidimensional health locus of control questionnaire and ducth eating behavior questionnaire. The results of research on health locus of control show that the majority of diabetics have sufficient health locus of control. The results of eating behavior research show that the majority of diabetics have moderate eating behavior. The results of the study using the Spearman rho Rank test ($\alpha = 0.05$) showed a relationship between health locus of control and eating behavior in diabetics in the Summersari working area, with a p value = 0.000. The conclusion of this study is that there is a relationship between health locus of control and eating behavior in diabetics. The recommendation of this study is that it can be used as a reference for nurses in conducting education and interventions for diabetics to pay more attention to health locus of control with eating behavior in diabetics.

*Keywords: Health locus of control, Eating behavior, Diabetics
Bibliography 66 (2013-2024)*