

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER PROGRAM STUDI S-1 ILMU KEPERAWATAN FAKULTAS ILMU KESEHATAN

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Hubungan Literasi Digital Kesehatan Dengan Kepatuhan Manajemen Diet Pada Diabetes Melitus Tipe 2 Di Rumah Sakit Citra Husada Jember

Jember, 2026

xviii + 121 Halaman + 3 Gambar + 16 Tabel + 15 Lampiran

Abstrak

Literasi digital merupakan kemampuan pasien Diabetes Melitus Tipe 2 untuk mengetahui, menemukan, menggunakan, mengevaluasi, dan membedakan kualitas informasi kesehatan di internet untuk membuat keputusan terkait kesehatan. Kepatuhan Manajemen Diet merupakan perilaku penderita Diabetes Melitus Tipe 2 untuk mematuhi anjuran diet (jadwal makan, konsumsi buah/sayur, serat, protein, omega-3, serta menghindari gula dan lemak). Kepatuhan pasien Diabetes Melitus Tipe 2 terhadap manajemen diet di Rumah Sakit Citra Husada Jember menjadi fokus utama penelitian ini, yang kemudian dikaitkan dengan tingkat literasi digital kesehatan yang mereka miliki. Penelitian ini mengadopsi desain studi observasional analitik dengan pendekatan *cross-sectional*. Sampel penelitian terdiri atas 53 responden yang dipilih secara *purposive* dengan mengacu pada kriteria inklusi yang telah ditetapkan. Data dikumpulkan melalui instrumen eHEALS dan PDAQ, yang masing-masing digunakan untuk mengukur literasi digital kesehatan dan kepatuhan manajemen diet. Hubungan kedua variabel kemudian diuji secara statistik menggunakan korelasi Spearman Rho. Uji korelasi Spearman Rho menghasilkan p-value sebesar 0,005, yang berada di bawah ambang batas signifikansi ($\alpha = 0,05$), serta koefisien korelasi $r = 0,378$. Hal ini menunjukkan bahwa terdapat hubungan yang signifikan dan searah antara literasi digital kesehatan dan kepatuhan manajemen diet pada pasien DM tipe 2. Artinya, semakin baik literasi digital kesehatan pasien, semakin tinggi pula tingkat kepatuhan mereka terhadap diet.

Kata Kunci: Literasi Digital Kesehatan, Kepatuhan Manajemen Diet, Diabetes Melitus Tipe 2, eHEALS, PDAQ.

Daftar Pustaka 61 (2015-2025)

Abstract

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The Relationship between E-Health Literacy and Dietary Management Adherence among Type 2 Diabetes Mellitus Patients at Citra Husada Hospital Jember

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Abstract

Digital literacy is defined as the ability of Type 2 Diabetes Mellitus patients to recognize, locate, utilize, appraise, and differentiate the quality of health-related information available on the internet, in order to make informed health decisions. Dietary management adherence, on the other hand, refers to the behavior of Type 2 Diabetes Mellitus patients in complying with dietary recommendations, including meal scheduling, consumption of fruits and vegetables, fiber intake, protein and omega-3 consumption, as well as avoidance of sugar and fat. This study focused primarily on examining dietary management adherence among Type 2 Diabetes Mellitus patients at Citra Husada Hospital Jember, which was subsequently correlated with their levels of digital health literacy. An analytic observational design with a cross-sectional approach was adopted in this investigation. The sample consisted of 53 participants, who were recruited through a purposive sampling strategy in accordance with the predetermined inclusion criteria. Data were collected using two standardized instruments: the eHealth Literacy Scale (eHEALS) to measure digital health literacy, and the Perceived Dietary Adherence Questionnaire (PDAQ) to assess dietary management adherence. The relationship between the two variables was statistically analyzed using the Spearman Rho correlation test. The Spearman Rho correlation analysis yielded a p-value of 0.005, which falls below the predetermined significance threshold ($\alpha = 0.05$), along with a correlation coefficient of $r = 0.378$. These findings indicate a statistically significant and positive association between digital health literacy and dietary management adherence among Type 2 Diabetes Mellitus patients. In other words, higher levels of digital health literacy among patients are associated with a greater tendency toward adherence to recommended dietary regimens.

Keywords: E-Health Literacy, Dietary Management Adherence, Type 2 Diabetes Mellitus, eHEALS, PDAQ

References 61 (2015-2025)