

ABSTRAK

**UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1 ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN**

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Hubungan Kepatuhan Diit Dengan Kadar Gula Darah Pasien DM Di Ruang Rawat Inap Tawang Alun RSUD Blambangan Banyuwangi

xvii + 58 Lembar + Daftar Pustaka 2 + 9 Tabel + 8 Lampiran

Abstrak

Diabetes Mellitus merupakan penyakit metabolik kronis yang ditandai dengan peningkatan kadar glukosa darah (hiperglikemia) akibat kekurangan insulin, resistensi insulin, atau keduanya. Salah satu penyebabnya yaitu ketidakpatuhan dalam melaksanakan diit yang dianjurkan petugas kesehatan. Penelitian ini bertujuan untuk menganalisis hubungan Kepatuhan Diit Dengan Kadar Gula Darah Pasien DM Di Ruang Rawat Inap Tawang Alun RSUD Blambangan. Desain penelitian ini menggunakan desain korelasional dengan pendekatan *crosssectional*. Populasi penelitian adalah pasien DM tipe 2 yang melakukan rawat inap, rata-rata perbulan 100 orang. Sampel berjumlah 50 responden, dipilih menggunakan teknik *purposive sampling*. Instrumen yang digunakan adalah kuesioner kepatuhan diit dan lembar observasi. Analisis data menggunakan uji rank Spearman. Hasil penelitian menunjukkan sebagian besar kepatuhan diit kategori patuh sebanyak 18 orang (36,0%) dan kadar gula darah kategori tidak stabil sebanyak 39 orang (78,0%). Ada hubungan positif yang signifikan antara kepatuhan diit dengan kadar gula darah pasien DM dengan kekuatan hubungan sedang ($p = < 0.001$; $r = 0,625$). Kesimpulannya makin tinggi tingkat kepatuhan diitnya maka akan makin baik pula kestabilan kadar gulannya pasien DM. Peran aktif perawat sangat penting memberikan pendidikan kesehatan mengenai pengaturan diet diabetes dan melibatkan keluarga dalam mendukung kepatuhan pasien menjalankan diit.

Kata Kunci : Kepatuhan, diit, kadar gula darah, diabetes mellitus
Daftar Pustaka : (2021 – 2025)

ABSTRACT

**MUHAMMADIYAH UNIVERSITY OF JEMBER
UNDERGRADUATE NURSING STUDY PROGRAM
FACULTY OF HEALTH SCIENCES**

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The Relationship Between Dietary Adherence and Blood Glucose Levels Among Patients with Diabetes Mellitus in the Tawang Alun Inpatient Ward of Blambangan Regional General Hospital, Banyuwangi

xvii + 58 Pages + 2 References Lists + 9 Tables + 8 Appendices

Abstract

Diabetes Mellitus (DM) is a chronic metabolic disease characterized by elevated blood glucose levels (hyperglycemia) caused by insulin deficiency, insulin resistance, or both. One of the contributing factors is patients' non-adherence to the dietary recommendations provided by healthcare professionals. This study aimed to analyze the relationship between dietary adherence and blood glucose levels among patients with Diabetes Mellitus in the Tawang Alun Inpatient Ward of Blambangan Regional General Hospital. This study employed a correlational design with a cross-sectional approach. The study population consisted of hospitalized patients with type 2 Diabetes Mellitus, with an average of 100 patients admitted each month. A total of 50 respondents were selected using purposive sampling. The research instruments included a dietary adherence questionnaire and an observation sheet. Data were analyzed using Spearman's rank correlation test. The results showed that most respondents had good dietary adherence (18 respondents; 36.0%), while the majority had unstable blood glucose levels (39 respondents; 78.0%). There was a significant positive relationship between dietary adherence and blood glucose levels, with a moderate correlation strength ($p < 0.001$; $r = 0.625$). It can be concluded that higher dietary adherence is associated with better blood glucose stability among patients with Diabetes Mellitus. Therefore, nurses play an essential role in providing health education regarding diabetic dietary management and involving family members to support patients in adhering to their prescribed diet.

Keywords: Dietary adherence, diet, blood glucose level, Diabetes Mellitus

References: (2021–2025)