



Relationship Between Knowlwdge and Motivation of Diabetic Patients in Compliance with Diabetes Melitus Diet at UPTD Puskesmas Aceh

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ABSTRACT

Diabetes Mellitus is a state of hyperglycemia which is characterized by chronic insulin absolute conditions which can affect carbohydrate metabolism. In 2015 there were 415 million adults with diabetes. The purpose of this study was to analyze the relationship between knowledge and motivation of diabetic patients in adherence to the diabetes mellitus diet at the Aceh Public Health Center. The population in this study were all diabetes mellitus patients who were controlled at the UPTD Puskesmas DTP Lampahan as many as 40 respondents. The sampling technique used is the total population of 40 respondents. The results showed that based on the chi-square test between knowledge of compliance with diabetes mellitus diet obtained p-value = 0.008, motivation with diabetes mellitus obtained p-value = 0.019, motivation with compliance running a diabetes mellitus diet obtained p-value = 0.020, the role of health workers with diabetes mellitus obtained p-value = 0.027. Conclusion Based on the results of the chi-square test, it can be concluded that there is a significant relationship between knowledge, self-motivation and adherence to dieting in people with diabetes mellitus at the UPTD Puskesmas DTP Lampahan.

Keywords: *Compliance, Diet, Diabetes Mellitus*

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INTRODUCTION

Diabetes Mellitus is a state of hyperglycemia characterized by chronic insulin absolute conditions that can affect carbohydrate metabolism. Protein and fat caused by an imbalance or lack of supply of insulin or imperfect cellular response to insulin is

characterized by metabolic disorders. 90-95% of sufferers have type 2 diabetes, namely diabetes that is not insulin dependent. Type 2 diabetes occurs due to decreased sensitivity to insulin (insulin resistance) or due to a decrease in the amount of insulin produced.

According to the latest estimation by the International Diabetes Federation (IDF), there are 382 million people living with DM in the world and it is estimated that of these 382 million people, 175 million of them have not been diagnosed, so they are at risk of developing progressive complications into unnoticed complications and without any prevention. Based on the latest data shown by the Endocrinology Association (PERKENI) states that the number of DM sufferers in Indonesia has reached 9.1 million people and is ranked in the top 4 among countries with the highest number of diabetics in the world.

According to the World Health Organization (WHO), Diabetes mellitus is a chronic disease in which the pancreas does not produce. Insufficient insulin or when the body is not effective at using it. Diabetes mellitus is a metabolic disorder that is genetically and clinically heterogeneous with manifestations in the form of loss of carbohydrate tolerance. WHO data shows that the incidence of non-communicable diseases, which reached 48.30%, was slightly higher than the incidence of infectious diseases, which was 47.50%. Even non-communicable diseases are the number one cause of death in the world (63.50%).

The world prevalence of diabetes (by standardized age) has almost doubled since 1980, increasing from 4.7% to 8.5% in the adult population. This reflects an increase in associated risk factors such as being overweight or obese. Over the past few decades, the prevalence of diabetes has increased more rapidly in low- and middle-income countries than in high-income countries

According to the International Diabetes Federation (IDF), in 2015 there were 415 million adults with diabetes, a 4-fold increase from 108 million in 1980. By 2040 it is estimated that the number will be 642 million (4) (Groopman dkk., 2019). According to Riskesdas (Carr & Rowe, 2020), the results of an analysis of the prevalence of diabetes mellitus by sex in Indonesia in 2013 also showed that the prevalence of diabetes in women was higher (1.7%) than in men (1.4%)

In Aceh alone, the number of people with diabetes mellitus, the estimated number of G 25,417, the estimated number of 57,188, the total population is 3,177,085. (3) Basic Health Research (Riskesdas), which was carried out in 2018, collected data on people with diabetes mellitus in residents aged ≥ 15 years (Slivnick & Lampert, 2019). The criteria for diabetes mellitus in Riskesdas refer to the consensus of the Indonesian Endocrinology Association (PERKENI) which adopted the American Diabetes Association (ADA) criteria. According to these criteria, diabetes mellitus is established when fasting blood glucose levels ≥ 126 mg/dl, or blood glucose 2 hours after loading ≥ 200 mg/dl, or blood glucose when ≥ 200 mg/dl with symptoms of frequent hunger, frequent thirst, frequent bowel movements (Piva dkk., 2020). urinate and in large quantities, and lose weight

RISKESDAS results show that the prevalence of diabetes mellitus in Indonesia based on a doctor's diagnosis at the age of ≥ 15 years is 2% (Jung dkk., 2020). This figure shows an increase compared to the prevalence of diabetes mellitus in residents ≥ 15 years on the 2013 Riskesdas results of 1.5% (Liang dkk., 2020). However, the prevalence of diabetes mellitus according to blood sugar examination results increased from 6.9% in 2013 to 8.5% in 2018 (5). Based on an initial survey conducted on several diabetes mellitus patients with a total of 6 patients. It was found that 1 patient was included in the adherent category of the diet, while the other 5 patients were in the non-adherent category (Lippi dkk., 2020). There were 2 patients who received family support in the good category, and 4 patients

Based on the explanation and background mentioned above, the authors are interested in conducting research at the UPTD Puskesmas DTP Lampahan, Kec. Timang Gajah Kab. Bener Meriah Aceh with the research title "hubungan antara pengetahuan dengan motivasi pasien diabetes dalam kepatuhan menjalankan diet diabetes melitus di UPTD Puskesmas Aceh"

RESEARCH METHODOLOGY

The research design is the part of the research that contains descriptions of the research flow describing the research mindset in conducting research which is commonly called the research paradigm. The research uses an analytic survey method with a cross-sectional approach, namely a study to study the dynamics of the correlation between risk factors and effects, by way of approach, observation or data collection at the same time on the same thing. Where this study wanted to find out the hubungan antara pengetahuan dengan motivasi pasien diabetes dalam kepatuhan menjalankan diet diabetes melitus di UPTD Puskesmas Aceh. The research location is the place where researchers are carried out. This research was conducted at the UPTD Puskesmas DTP Lampahan. The population is all subjects (humans, animals, experiments, laboratory data, etc.) that will be examined and meet the specified characteristics. The population in this study was all diabetes mellitus patients who were controlled at the UPTD Puskesmas DTP Lampahan, Timang Gajah District, Kab. Bener Meriah as many as 40 respondents

RESULT AND DISCUSSION

Table 1. Frequency Distribution Of Age, Gender, Education, Occupation Of Respondents At UPTD Puskesmas DTP Lampahan

	Carakteristik	<i>f</i>	%
Age	≤ 60 tahun	26	65,0
	> 60 tahun	14	35,0
Gender	Laki-laki	18	45,0
	Perempuan	22	55,0
Education	SD	1	2,5
	SMP	3	7,5
	SMA	35	87,5

	PT	1	2,5
Occupation	IRT	16	40,0
	Wiraswasta	18	45,0
	Karyawan swasta	5	12,5
	PNS	1	2,5
Total		40	100

Based on table 1. the characteristics of the respondents based on the age of the respondents, out of 40 respondents (100%), and those aged ≤ 60 years were 26 (65.0%) respondents and >60 years were 14 (35.0) respondents. Based on table 4.2, the characteristics of respondents based on gender were 40 respondents (100%), and those who were male were 18 (45.0%) respondents and female were 22 (55.0%) respondents. Based on table 4.3. the characteristics of respondents based on education were 40 (100%) of respondents, and those with elementary education were 1 (2.5%). those with junior high school education amounted to 3 (7.5%) respondents. those with high school education were 35 (87.5%) respondents and those with PT education were 1 (2.5%) respondents.

UNIVARIATE ANALYSIS

Table 2. Frequency Distribution of Respondents Knowledge of Patients with Diabetes Mellitus at UPTD Puskesmas DTP Lampahan

Knowledge	Total	
	f	%
Less	5	12,5
Enough	7	17,5
Good	28	70,0
Total	40	100

Based on table 2. above, it can be seen from 40 respondents (100%) at the UPTD Puskesmas DTP Lampahan, it is known that those who have less knowledge are 5 (12.5%) respondents, with sufficient knowledge 7 (17.5%) respondents, with good knowledge of 28 (70.0%) respondents.

Table 3. Frequency Distribution of Respondents' Self-Motivation in Patients with Diabetes Mellitus at UPTD Puskesmas Lampahan

Self Motivation	Total	
	f	%
Less	8	20,0
Good	32	80,0
Total	40	100

Based on table 3 above, it can be seen from 40 respondents (100%) at the UPTD Puskesmas Lampahan, it is known that those who have a poor attitude are 8 (20.0%) respondents, and those who have a good attitude are 32 (80.0%)) respondents.

Table 4. Frequency Distribution of Compliance with the DM diet in Patients with Diabetes Mellitus at the UPTD Puskesmas DTP Lampahan

Kepatuhan	Jumlah	
	f	%
Kurang	27	32,5

Baik	13	67,5
Total	40	100

BIVARIATE ANALYSIS

Table 5. Cross-tabulation between Respondents Knowledge and Diet Compliance in Patients with Diabetes Mellitus at UPTD Puskesmas Lampahan

Knowledge	Dietary Adherence						Signifikan
	Compliant		Non-compliant		Total		
	F	%	F	%	F	%	
Less	4	10,0	1	2,5	5	12,5	0,001
Enough	5	12,5	2	5,0	7	17,5	
Good	4	10,0	24	60,0	28	70,0	
Total	13	32,5	27	67,5	40	100	

Based on table 7, it can be seen that cross-tabulation of factors related to adherence to diet in people with diabetes mellitus at the UPTD Puskesmas DTP Lampahan that out of 40 respondents (100%), 5 (12.5%) had less knowledge with adherence 4 (10.0%) respondents adhered to diets and 1 (2.5%) respondents who did not comply, 7 (17.5%) respondents with sufficient knowledge with 5 (12.5%) respondents. and those who did not comply were 2 (5.0%), while those who had good knowledge amounted to 28 (70.0%) with dietary adherence 4 (10.0%) respondents and those who did not comply 24 (67.5%) respondents . Based on research conducted at the UPTD Puskesmas DTP Lampahan, using the chi square test with a significant value or a p-value of 0.001 and an α value (0.05), this means that there is a relationship between knowledge and adherence to a diet in people with diabetes mellitus at UPTD Puskesmas DTP Lampahan.

Table 6. Cross-tabulation between Respondents' Self-Motivation and Diet Compliance in Patients with Diabetes Mellitus at the UPTD Puskesmas DTP Lampahan

Motivasi diri	Kepatuhan diet						Signifikan
	Patuh		Tidak patuh		Jumlah		
	F	%	F	%	F	%	
Kurang	6	15,0	2	5,0	8	20,0	0,008
Baik	7	17,5	25	62,5	32	80,0	
Total	13	32,5	27	67,5	40	100	

Based on table 8, it can be seen that the cross-tabulation of factors related to adherence to a diet in people with diabetes mellitus at the UPTD Puskesmas DTP Lampahan that out of 40 respondents (100%), 8 (20.0%) were less self-motivated respondents with adherence adherent diet amounted to 6 (15.0%) respondents with non-adherent adherence amounted to 2 (5.0%) respondents. While those who had good self-motivation amounted to 32 (80.0%) respondents, with adherence to a compliant diet amounted to 7 (17.5%) respondents with non-compliant compliance amounted to 25 (62.5%) respondents.

Based on research conducted at the UPTD Puskesmas DTP Lampahan, using the chi-square test with a significant value or p-value of 0.008 and a value of α (0.05)

means that there is self-motivation by adherence to a diet in people with diabetes mellitus at the UPTD Puskesmas DTP Lampahan.

CONCLUSION

After carrying out research at the UPTD Puskesmas DTP Lampahan in 2021, the authors draw conclusions:

1. Based on data and research obtained from the UPTD Puskesmas DTP Lampahan from 40 respondents (100%) it can be seen that those who have the majority of good knowledge are 28 (70.0%) respondents, with fairly good knowledge of 7 (17.5 %) of respondents, who lacked knowledge of 5 (12.5%) respondents.
2. Based on the data and research obtained from the UPTD Puskesmas DTP Lampahan, it can be seen from 40 respondents (100%), it is known that those who have the majority of good self-motivation are 32 (80.0%) respondents and 8 individuals who have poor self-motivated attitudes (20.0%) respondents.
3. Based on the data and research obtained by the UPTD Puskesmas DTP Lampahan, it is known that from 40 respondents (100%), it is known that those who have a good majority of self-confidence are 26 (65.0%) of respondents who lack self-confidence are 14 (35.0%) respondents.
4. Based on data and research obtained from the UPTD Puskesmas DTP Lampahan it can be seen from 40 respondents (100%), it is known that the majority have good family support totaling 13 (67.5%) respondents and 27 respondents with poor family support (32.5%) respondents.
5. Based on data and research obtained from the UPTD Puskesmas DTP Lampahan it can be seen from 40 respondents (100%), it is known that those who have the majority of the role of good health workers are 33 (82.5%) respondents and the role of health workers who are less 7 (17.5%) respondents
6. Based on data and research obtained from the UPTD Puskesmas DTP Lampahan there were 40 respondents (100%), the results of the chi-square test statistic at a 95% confidence level with a value of $\alpha = 0.05$ obtained a value of $p = 0.001 < \alpha = 0.05$. So it was found that there was a relationship between knowledge and adherence to a diet in people with diabetes mellitus at the UPTD Puskesmas DTP Lampahan.
7. Based on the statistical results of the chi-square test at the 95% confidence level with a value of $\alpha = 0.05$, it is obtained that the value of $p = 0.008 < \alpha = 0.05$. So it was found that there was a relationship between self-motivation and adherence to dieting in people with diabetes mellitus at the UPTD Puskesmas DTP Lampahan.
8. Based on the statistical results of the chi-square test at the 95% confidence level with a value of $\alpha = 0.05$, it is obtained that the value of $p = 0.019 < \alpha = 0.05$. So there is a relationship between self-confidence and adherence to a diet in people with diabetes mellitus at the UPTD Puskesmas DTP Lampahan. Based on the statistical results of the chi-square test at a 95% confidence level with a value

of $\alpha = 0.05$, a value of $p = 0.020$ is obtained <from $\alpha = 0.05$. So it was found that there was a relationship between family support and adherence to diet in patients with diabetes mellitus at the UPTD Puskesmas DTP Lhachan.

9. Based on the statistical results of the chi-square test at the 95% confidence level with a value of $\alpha = 0.05$, it is obtained that the value of $p = 0.027 < \alpha = 0.05$. So it is obtained that there is a relationship between the role of health workers and adherence to diet in people with diabetes mellitus at the UPTD Puskesmas DTP Lhachan.

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