

# Hubungan respon psikologis dan diabetes self management dengan status nutrisi pada pasien diabetes melitus tipe 2 = The correlation of psychological response and diabetes self management with nutrition status on type 2 diabetes mellitus patient / Rizki Andriani

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Abstrak

**ABSTRAK**

Penerapan pedoman gizi kedalam menu sehari-hari merupakan tantangan bagi mayoritas pasien diabetes karena memerlukan penyesuaian dan kesukarelaan dari pasien untuk mengubah pola makan yang sudah lama terbentuk dan sering menimbulkan kejenuhan dan stress disebabkan pasien diabetes harus mengikuti program diet seumur hidupnya. Aktivitas self management serta respon psikologis memiliki pengaruh yang besar pada pasien diabetes melitus dalam melakukan usaha pengontrolan diet. Penelitian ini menggunakan desain cross sectional yang dilakukan di RSPAD Gatot Soebroto, RS Fatmawati dan RSUPN Dr. Cipto Mangunkusomo Jakarta dengan jumlah responden 260 orang pasien diabetes melitus tipe 2. Pengukuran respon psikologis menggunakan Problem Areas In Diabetes PAID , aktivitas self management diukur menggunakan Diabetes Self Management Questionare DMSQ yang telah dilakukan uji validitas dan reliabilitas serta pengukuran asupan makanan melalui kuesioner food recall 1x24 jam dan status nutrisi dinilai dengan indeks massa tubuh IMT . Hasil analisis menunjukkan terdapat hubungan bermakna antara respon psikologis dan status nutrisi  $p = 0,000$ ,  $OR = 4,944$  , terdapat hubungan bermakna antara diabetes self management dengan status nutrisi  $p = 0,002$ ,  $OR = 2,217$  yang tidak dipengaruhi variabel perancu jenis OAD, asupan makanan, dan usia. Diperlukan penambahan materi konseling untuk memenuhi kebutuhan psikologis terkait diabetes serta penguatan edukasi secara berulang-ulang kepada pasien.

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**ABSTRACT**

The application of nutritional guidelines into the daily menu is a challenge for the majority of diabetic patients because it requires adjustment and volunteering of patients to change the long established diet and often leads to saturation and stress because diabetic patients should follow a diet plan for the rest of their lives. Self management activities as well as psychological responses have a great influence on diabetes mellitus patients in doing diet control efforts. This research use cross sectional design which done in Gatot Soebroto army hospital, Fatmawati Hospital and Dr. Cipto Mangunkusomo hospital Jakarta with the number of respondents 260 people with type 2 diabetes mellitus. Measurement of psychological response using Problem Areas In Diabetes PAID , self management activity is measured using Diabetes Self Management Questionare DMSQ which has tested the validity and reliability and measurement of food intake through food recall questionnaire 1x24 hours and nutritional status assessed with body mass index BMI . The result showed that there was a significant correlation between psychological response and nutritional status  $p = 0,000$ ,  $OR = 4,944$  , there was a significant correlation between diabetes self management with nutritional status  $p = 0,002$ ,  $OR = 2,217$  unaffected by confounder type OAD, intake food, and age. Required addition of counseling material to meet the psychological needs related to diabetes as well as the strengthening of education repeatedly to the patient