

**KORELASI DUKUNGAN KELUARGA DAN KEPATUHAN DIET  
DENGAN KUALITAS HIDUP PASIEN DIABETES MELLITUS TIPE 2 DI  
PUSKESMAS CILACAP TENGAH 1**

*Correlation Of Family Support And Diet Compliance With Quality Of Life Of  
Type 2 Diabetes Mellitus Patients In Puskesmas Cilacap Central 1*

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**ABSTRAK**

Diabetes mellitus adalah penyakit gangguan metabolik secara kronis karena kelainan sekresi insulin. Penelitian bertujuan mengetahui korelasi dukungan keluarga dan kepatuhan diet dengan kualitas hidup pasien diabetes mellitus tipe 2. Desain penelitian analitik dengan pendekatan *cross sectional*. Jumlah sampel penelitian 75 pasien diabetes mellitus dan menggunakan teknik *purposive sampling*. Instrumen penelitian kuesioner dukungan keluarga, kepatuhan diet dan WHOQOL-BERF untuk kualitas hidup. Hasil analisa penelitian menunjukkan sebagian besar pasien diabetes mellitus tipe 2 memiliki dukungan keluarga kategori baik 36 orang (51,4%), kepatuhan diet kategori patuh 59 orang (84,3%) dan mengalami kualitas hidup kategori baik 58 orang (82,9%). Berdasarkan hasil uji *chi-square* didapatkan nilai *p value* ( $0,001 < 0,05$ ) yaitu ada hubungan signifikan antara dukungan keluarga dan kepatuhan diet dengan kualitas hidup pasien diabetes mellitus tipe 2 di Puskesmas Cilacap tengah 1.

**Kata Kunci :** Dukungan keluarga, kepatuhan diet, kualitas hidup, diabetes mellitus

**ABSTRACT**

*Diabetes mellitus is a chronic metabolic disorder caused by defects in insulin secretion. This study aims to determine the correlation between family support and dietary compliance with the quality of life of patients with type 2 diabetes mellitus. Analytical study design with a cross sectional approach. The total sample of the study was 75 patients with diabetes mellitus and used a purposive sampling technique. The research instrument was a family support questionnaire, dietary compliance and WHOQOL-BERF for quality of life. The results of the research analysis showed that most patients with type 2 diabetes mellitus had family support in the good category of 36 people (51.4%), dietary adherence in the obedient category 59 people (84.3%) and experienced a good quality of life category 58 people (82.9%). Results Based on the chi-square test, the p value ( $0.001 < 0.05$ ) was found, namely there was a significant relationship between family support and dietary compliance with the quality of life of patients with type 2 diabetes mellitus at Puskesmas Cilacap Tengah 1.*

**Keywords:** family support, dietary compliance, quality of life, diabetes mellitus

