

**HUBUNGAN *SELF-EFFICACY* DENGAN KEPATUHAN DIET DAN
AKTIVITAS FISIK PADA PENDERITA DIABETES
MELLITUS TIPE 2 DI PUSKESMAS
CINUNUK**

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ABSTRAK

Diabetes Mellitus (DM) tipe 2 termasuk penyakit kronis yang memerlukan perawatan jangka panjang, salah satunya menjaga kepatuhan diet dan aktivitas fisik. Diet berperan menjaga asupan gizi seimbang, sedangkan aktivitas fisik dapat meningkatkan sensitivitas insulin, membantu mengontrol glukosa darah, dan mencegah komplikasi. *Self-efficacy* berperan penting dalam menentukan perilaku kepatuhan pasien. Tujuan penelitian untuk mengetahui hubungan antara *self-efficacy* dengan kepatuhan diet dan aktivitas fisik pada penderita diabetes mellitus tipe 2 di Puskesmas Cinunuk. Metode yang digunakan kuantitatif korelasional dengan jumlah sampel penelitian 50 responden menggunakan teknik total sampling. Instrumen yang digunakan adalah kuesioner DMSES, PDAQ, dan IPAQ-SF. Analisis data menggunakan uji Spearman's Rho. Hasil penelitian responden yang memiliki *self-efficacy* kurang (54%), kepatuhan diet tidak patuh (68%), dan aktivitas fisik sedang (52%). Uji statistik menunjukkan terdapat hubungan signifikan antara *self-efficacy* dengan kepatuhan diet ($p=0,005$), namun tidak terdapat hubungan signifikan antara *self-efficacy* dengan aktivitas fisik ($p=0,074$). *Self-efficacy* memengaruhi kepatuhan diet karena individu yang memiliki keyakinan tinggi terhadap kemampuannya cenderung memilih makanan sesuai anjuran. Sementara, aktivitas fisik dipengaruhi faktor lain seperti usia, kondisi fisik, dan motivasi yang dapat menghambat meskipun *self-efficacy* baik. Diharapkan peningkatan *self-efficacy* dapat menjadi strategi intervensi untuk meningkatkan kepatuhan diet, namun aktivitas fisik perlu mempertimbangkan faktor lain dalam program peningkatan aktivitas fisik.

Kata kunci: Aktivitas Fisik, Diabetes Mellitus Tipe 2, Kepatuhan Diet *Self-efficacy*.

**THE RELATIONSHIP BETWEEN SELF-EFFICACY AND DIETARY
ADHERENCE AND PHYSICAL ACTIVITY AMONG PATIENTS
WITH TYPE 2 DIABETES MELLITUS AT THE
CINUNUK HEALTH CENTER**

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ABSTRACT

Type 2 diabetes mellitus (DM) is a chronic disease that requires long-term care, including maintaining dietary compliance and physical activity. Diet plays a role in maintaining a balanced nutritional intake, while physical activity can increase insulin sensitivity, help control blood glucose levels, and prevent complications. Self-efficacy plays an important role in determining patient compliance behavior. The objective of this study is to investigate the relationship between self-efficacy and dietary compliance and physical activity among patients with Type 2 Diabetes Mellitus at the Cinunuk Health Center. The study employed a quantitative correlational method with a sample size of 50 respondents using total sampling technique. The instruments used were the DMSES questionnaire, PDAQ, and IPAQ-SF. Data analysis was conducted using Spearman's Rho test. The results showed that 54% of respondents had low self-efficacy, 68% were non-compliant with dietary adherence, and 52% had moderate physical activity levels. Statistical tests showed a significant correlation between self-efficacy and dietary compliance ($p=0.005$), but no significant correlation between self-efficacy and physical activity ($p=0.074$). Self-efficacy influences dietary compliance because individuals with high confidence in their abilities tend to choose foods in accordance with recommendations. Meanwhile, physical activity is influenced by other factors such as age, physical condition, and motivation, which can hinder compliance even if self-efficacy is good. It is hoped that improving self-efficacy can serve as an intervention strategy to enhance dietary compliance, but physical activity programs must consider other factors in their design.

Keywords: *Physical Activity, Type 2 Diabetes Mellitus, Dietary Compliance, Self-efficacy.*