

ABSTRACT

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THE RELATIONSHIP BETWEEN DIETARY COMPLIANCE AND NUTRITIONAL STATUS WITH THE QUALITY OF LIFE OF PATIENTS WITH TYPE 2 DIABETES MELITUS (OBSERVATION STUDY ON PATIENTS WITH TYPE 2 DIABETES MELITUS IN THE TAROGONG HEALTH CENTER WORKING AREA, GARUT REGENCY IN 2023)

Type 2 diabetes melitus is a degenerative disease whose prevalence continues to increase throughout the world and has reached an alarming level. Treatment for type 2 diabetes melitus sufferers is to control blood sugar levels and improve the sufferer's quality of life, one way is by managing diabetes which is determined by factors such as diet compliance and nutritional status. This study aims to determine the relationship between dietary compliance and nutritional status with the quality of life of type 2 diabetes melitus sufferers in the Tarogong Health Center Working Area, Garut Regency. This research uses a cross sectional design. The population in this study was 78 sufferers of type 2 diabetes melitus in the Tarogong Community Health Center Working Area. The sample in this study was the entire population as a sample, namely 78 sufferers. The instruments used were microtoise, stepping scales, Food Recall questionnaire and WHOQoL-BREF questionnaire. Bivariate analysis uses the Chi-Square test. The results of the analysis show that there is a relationship between diet compliance and the quality of life of type 2 diabetes melitus sufferers with a p-value of 0.001 ($p < 0.05$). There is a relationship between nutritional status and the quality of life of type 2 diabetes melitus sufferers with a p-value of 0.027 ($p < 0.05$). By following a strict diet, type 2 diabetes melitus sufferers can regulate blood sugar levels in the body so that it increases. The higher the level of diet compliance, the higher the patient's quality of life. Nutritional status greatly influences the quality of life of diabetes melitus sufferers, with nutritional status normal, the patient can regulate blood sugar levels in the body to remain normal so as to avoid complications, so the more excessive the nutritional status of type 2 diabetes melitus sufferers, the lower the quality of life of type 2 diabetes melitus patients.

Keywords: *Diabetes Melitus Type 2, Diet Compliance, Nutritional Status, Quality of Life.*