

ABSTRACT

COMPLIANCE IN TYPE II DIABETES MELLITUS PATIENTS IN TAKING MEDICATION, DIET, AND EXERCISE TO CONTROL BLOOD GLUCOSE

Alfina Rahmasari

Diabetes Mellitus (DM) is a group of metabolic diseases characterized by hyperglycemia that occurs due to abnormalities in insulin secretion, insulin action, or both. This study aims to determine the compliance of Type II Diabetes Mellitus patients in taking medication, diet, and exercise. This research used a descriptive observational method with a cross-sectional study approach at the Dr. Clinic. Ahmad Niam Surabaya. The data taken is based on prospective data, namely prospective patient data from January 2024 to February 2024, using a sampling technique, namely *Accidental Sampling*. The population of objects to be studied is 40 patients. The instruments used were the MARS-10 medication adherence questionnaire, the diet and exercise pattern questionnaire which was adopted and modified from the *Summary diabetes questionnaire*, medical records, examination results before and after GDA, and digital prescriptions. The research results showed that of the 40 respondents, the percentage of medication adherence was 60%, the percentage of low diet adherence was 70%, and the percentage of low exercise adherence was 85%. Based on the results of blood sugar levels, it is known that after being given counseling regarding how to take medication, diet, and exercise in Type II Diabetes Mellitus patients, there was a decrease in the average GDA before post-GDA. Namely, the average GDA before the patient was 255,3 mg/dl, while the average GDA after the patient was 205,1 mg/dl. So it can be seen that the difference or delta before and after GDA is 50.2. Then the percentage decrease in GDA was 19.7%.

Keywords : *Diabetes mellitus, Adherence, Oral antidiabetic, MARS-10*