

ABSTRACT

Analysis of the Relationship between Diet Blood Sugar and Sugar Levels in Adult Patients Suffering from Type II Diabetes Mellitus at Henny Farma Pharmacy, Kediri City

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Diabetes mellitus is a serious threat to health development because it can cause complications, so it is necessary to manage one of them by applying various kinds of diets. The purpose of this study was to analyze the relationship between dietary blood sugar and blood sugar levels in patients with type II diabetes mellitus at Henny Farma Pharmacy. This research method is quantitative with a cross sectional design. This study was conducted on 44 respondents who suffered from diabetes mellitus at Henny Farma Pharmacy who met the inclusion and exclusion criteria in March – April 2022 using purposive sampling technique. Methods of data collection using a questionnaire. Spearman rank statistical test results obtained a correlation coefficient of 0.293 and a significance value of $0.053 > 0.05$, it can be concluded that there is no significant relationship to the level of dietary patterns with blood sugar levels in patients with diabetes mellitus. Diet is one of the increases in blood sugar levels in patients with diabetes mellitus so that it is necessary to control diet patterns by providing education to patients to maintain a good lifestyle so that blood sugar levels can be good.

Keywords: Diet Pattern, Blood Sugar Level, Diabetes Mellitus