

ABSTRAC

Fina Wahyu Aprilia, 2024. Relationship between the application of the 3J Principle (amount, type, schedule) with blood sugar levels and nutritional status in type II diabetes mellitus outpatients at the Polowijen Community Health Center, Malang City.

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Background: Diabetes mellitus cases in Indonesia are still numerous. According to Riskesdas data for 2018, the prevalence of diabetes mellitus in Indonesia is more than 1 million with the number of patients in East Java Province being 151,878. According to the data of the Municipal Health Ministry in 2022, 45.16% of people with diabetes mellitus or 18.984 people. Based on the health profile of the municipality in 2020 and 2021, it is known that the people with Diabetes Mellitus who receive health care according to the standards in Puskesmas Polowijen Municipalities in 2020 42.3% and in 2021 as much as 70%.

One of the factors causing diabetes mellitus is a lifestyle. The dominant lifestyle triggers of type II diabetes are diet and physical activity. One of the pillars of diabetes implementation is the implementation of a diet by changing lifestyle and eating habits by following the 3J principle, i.e. the amount of food, the type of food and the schedule of meals. The purpose of such a diet implementation can help diabetics in the improvement of nutrition to be able to control blood sugar levels in the body.

Objective: To find out the relationship of application of principle 3J (number, type, schedule) with blood sugar and HbA1c levels in street care patients with type II diabetes mellitus in Puskesmas Polowijen.

Methods: This type of research is observational research. The design of this study uses a cross-sectional design. The sampling method used is purposive samplings. Respondents in this study were patients with diabetes mellitus samples of 23 respondents with the age range of 40-65 years. Analysis of research data using Pearson correlation statistical tests.

Results: Statistical tests show that on the value obtained for the amount of food and blood sugar levels was ($p=0,024$), for the type of foods and blood sugar levels the values were obtained ($p =0,015$), for the food schedule and the blood sugar levels were obtained ($p=0,034$) and for nutritional status obtained a value ($p=0,030$).

Conclusion: There is a relationship between the 3J principle (amount, type, schedule) with blood sugar and nutritional status in type II diabetes mellitus patients at the Polowijen Community Health Center, Malang City.

Keywords: 3J (amount, type, schedule), Blood sugar levels, Nutritional status, Diabetes mellitus.