

ABSTRACT

SABRINA AMALIA, 2023. *The Relationship Knowledge Level And Carbohydrate Consumption Level, Fiber Consumption Level, And Blood Glucose Level In Patients With Type 2 Diabetes Mellitus During Ramadhan Fasting At Janti Health Center, Malang City. Advisor: Sutomo Rum Teguh K., SKM., M. Kes and Rany Adelina, S. Gz., M. Sc.*

Diabetes mellitus is a group of metabolic diseases with characteristics of hyperglycemia that occurs due to abnormalities in the insulin hormone which can be caused by lack of activity, consumption of unhealthy and unbalanced foods, and excess body weight. This study aims to determine the relationship between the level of knowledge and the level of carbohydrate consumption, fiber consumption, and blood glucose levels, and the relationship between the level of carbohydrate and fiber consumption and blood glucose levels in patients with type 2 diabetes mellitus. This research used an observational study. This study uses a cross-sectional research design. The sample in this study was 30 people who met the inclusion and exclusion criteria. The data collected in this study were knowledge level, carbohydrate consumption level, fiber consumption level, and blood glucose levels. Data analysis used the Pearson Product Moment and Rank Spearman tests. The results showed that the majority of respondents were female (76.7%), elderly (50%), with primary school education level (40%), had diabetes mellitus for a long duration (56.7%), had a good level of knowledge regarding diabetes mellitus (60%), with low levels of carbohydrate consumption (80%), low levels of fiber consumption (100%), and poor blood glucose levels (40%). There is a relationship between the level of fiber consumption and blood glucose levels (p -value < 0.05). This study concludes that there is no significant relationship between the level of knowledge and the level of carbohydrate consumption, fiber consumption, and blood glucose levels. The level of carbohydrate consumption is not related to blood glucose levels, while the level of fiber consumption is related to blood glucose levels. Advice from researchers for diabetes mellitus patients is to pay attention to food consumption by the diabetes mellitus diet recommendations so that blood glucose levels remain controlled and avoid complications.

Keyword: *The Level Of Knowledge, The Level Of Carbohydrate Consumption, Fiber Consumption, And Blood Glucose Levels*