

ABSTRACT

Vierencia Dwilian, 2023. The Effect of Nutrition Consultation Using WhatsApp Reminder on Knowledge and Attitudes for 3J Diet (Right Schedule, Right Type, Right Amount) in Diabetes Mellitus Outpatient at the Dinoyo Public Health Center. Advisor: Tapriadi, SKM., M.Pd, Juin Hadisuyitno, SST., M.Kes dan I Nengah Tanu Komalyana, DCN., SE., M.Kes., RD

Background: Diabetes mellitus is a non-communicable disease characterized by an increase in blood sugar due to disruption of the hormone insulin. Factors causing diabetes mellitus are obesity, lack of physical activity, hypertension/high blood pressure, cholesterol, unbalanced diet (high sugar, salt, fat and low fiber) and having a family history of diabetes mellitus. Based on a preliminary study conducted in June 2022 at the Dinoyo Public Health Center, cases of diabetes mellitus are classified in the top 15, which is in third place after acute respiratory infections (ARI) and primary hypertension.

Objective: Knowing the effect of knowledge and attitudes for 3J diet (Right Schedule, Right Type, Right Amount) before and after being given a nutrition consultation using whatsapp reminders for diabetes mellitus outpatients at the Dinoyo Public Health Center.

Method: Nutrition consultations were carried out twice with a duration 60-90 minutes each. This type of research is pre-experimental with a one group pretest posttest design. Total until the research as many as 30 respondents. Collecting data on knowledge and attitudes of respondents with a questionnaire. Data analysis used the Paired Until T-Test because the data was normally distributed.

Results: The average score of respondents knowledge before being given a nutrition consultation was 60.44 and after being given a nutrition consultation it increased to 77.10. The average score of the attitudes of respondents before being given a nutrition consultation was 27.73 and after being given a nutrition consultation it increased to 31.43. The results of the statistical test of the knowledge and attitudes of the respondents show the p-value (0.000).

Conclusion: There is a significant influence on the knowledge and attitudes of respondents regarding for 3J diet (Right Schedule, Right Type, Right Amount) before and after being given a nutrition consultation using a whatsapp reminder.

Key word: diabetes mellitus, nutritional consultation, whatsapp, knowledge, attitude