

## ABSTRACT

**Anugrah, Adinda Dwi. 2023. *The Effect of Family Empowerment on Compliance with Diet in Patients with Diabetes Mellitus in the Working Area of the Arjuno Health Center*, Thesis, Poltekkes Kemenkes Malang, Prodi Sarjana Terapan Promosi Kesehatan. Pembimbing I : Dr. Ganif Djuwadi, SST, S.Pd, M.Kes, Pembimbing II : Wandi, S.Kep, Ners, M.Pd.**

*Diabetes Mellitus (DM) is a disease caused by insulin deficiency which results in hyperglycemia and its prevalence has increased substantially throughout the world. The purpose of this study was to determine the effect of family empowerment on dietary adherence of patients with diabetes mellitus in the working area of the Arjuno Health Center. The type of research used is quantitative research with a pre-experimental research design and a one group pretest posttest design. The population in this study were 140 families with diabetes mellitus in the working area of the Arjuno Health Center. The technique used is simple random sampling. The sample in this study were diabetes mellitus sufferers in the working area of the Arjuno Health Center in Malang City which had been determined by the researcher, namely the coverage area of 60. The data collection instruments used questionnaires and observation sheets. Data analysis with Wilcoxon statistical test 0.05. The results showed that compliance before the intervention was in the less category with 42 respondents (70%). While compliance after the intervention was in the good category of 54 respondents (90%). The results of the influence of family empowerment on dietary adherence produce Sig. or probability (p) 0.000. This shows the influence of family empowerment on dietary adherence in diabetes mellitus patients using animated videos. The recommendation is family empowerment on dietary adherence of diabetes mellitus patients using animation media.*

**Keywords : Empowerment, Family, obedience, diet, diabetes mellitus**