

***THE EFFECT OF FAMILY ASSISTANCE ON DIET ADHERENCE AMONG
PATIENTS WITH DIABETES MELLITUS IN THE WORKING AREA OF
PUSKESMAS GROGOL KEDIRI REGENCY***

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ABSTRACT

Diabetes Mellitus (DM) is a chronic disease with an increasing prevalence and requires comprehensive management, including dietary regulation as part of lifestyle modification. However, patient fatigue in following dietary programs and limited understanding of proper dietary principles often hinder diet adherence. This study aimed to determine the effect of family assistance on dietary adherence among patients with Diabetes Mellitus. This study employed a quantitative approach using a quasi-experimental design with a *pre- and post-test with two-group design*. Samples were selected through purposive sampling, involving patients with Diabetes Mellitus who performed self-care and had family members acting as diet companions. Data were collected through interviews using a 24-hour food recall form. The results showed that in the pretest, nearly half of respondents in the intervention group were in the moderate dietary adherence category (46%), and the majority were in the low category (53%), while the control group was predominantly in the moderate category (66%). In the post-test, the intervention group showed improvement, with most respondents in the moderate category (73%) and nearly half in the good category (26%). Meanwhile, the control group remained dominated by the moderate (60%) and low categories (40%). The Wilcoxon test revealed a significant difference in dietary adherence before and after family assistance in the intervention group ($p = 0.004$). The Mann–Whitney test also showed a significant difference in dietary adherence between the intervention and control groups after the intervention ($p = 0.000$). In conclusion, family assistance has a significant effect on improving dietary adherence among patients with Diabetes Mellitus.

Keywords: family assistance, diet adherence, diabetes mellitus