

ABSTRACT

The Effect of Audiovisual Education Based on the Health Belief Model on Dietary Adherence Among Elderly Patients with Type II Diabetes Mellitus

Type II Diabetes Mellitus is a degenerative disease with an increasing prevalence, particularly among the elderly population. Adherence to a diabetic diet is an important factor in disease control; however, many elderly patients still experience difficulties in implementing recommended dietary patterns due to limited knowledge and motivation. Health education through audiovisual media based on the Health Belief Model (HBM) is expected to improve patients' understanding, perceptions, and beliefs, thereby encouraging dietary adherence. This study aimed to analyze the effect of HBM-based audiovisual education on dietary adherence among elderly patients with Type II Diabetes Mellitus at Cisadea Public Health Center, Malang. This study employed a pre-experimental design with a one-group pretest-posttest approach. The study population consisted of 130 elderly patients with Type II Diabetes Mellitus, with a sample of 57 respondents selected using purposive sampling. The research instrument used the Food Frequency Questionnaire (FFQ), supported by food recall, to assess dietary adherence based on the 3J principles (amount, type, and schedule). Data were analyzed using univariate and bivariate analyses with the McNemar test at a significance level of $\alpha = 0.05$. The results showed that before the intervention, 46 respondents (80.7%) were categorized as non-adherent and 11 respondents (19.3%) were adherent to the dietary recommendations. After receiving HBM-based audiovisual education, the number of adherent respondents increased to 34 respondents (59.6%), while non-adherent respondents decreased to 23 respondents (40.4%). The McNemar test showed a significant change in dietary adherence before and after the HBM-based audiovisual education intervention ($p < 0.001$). HBM-based audiovisual education can be used as an alternative health promotion medium to improve dietary adherence among elderly patients with Type II Diabetes Mellitus.

Keywords: *Audio-Visual Education, Dietary Adherence, Type II Diabetes Mellitus, Elderly, Health Belief Model.*