

THE RELATIONSHIP BETWEEN KNOWLEDGE AND COMPLIANCE IN
CARRYING OUT THE DIET OF DIABETIC MELLITUS PATIENTS IN THE
INTERNAL MEDICINE TREATMENT ROOM dr. SOEDOMO
TRENGGALEK Hospital

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ABSTRACT

Background: Diabetes Mellitus is a chronic disease characterized by hyperglycemia due to impaired insulin secretion or work, which can cause various serious complications such as neuropathy, nephropathy, and cardiovascular disease. The increasing prevalence of Diabetes Mellitus makes it a global health problem that requires comprehensive treatment. One of the important pillars in its management is diet, which requires patient knowledge and compliance to keep blood sugar levels under control. Lack of knowledge can have an impact on low adherence in dieting, thereby increasing the risk of complications and reducing the patient's quality of life. **Research Objective:** To determine the relationship between knowledge and compliance in undergoing diet in Diabetes Mellitus patients in the Internal Medicine Treatment Room of dr. Soedomo Trenggalek Hospital. **Research Method:** This study uses a correlational descriptive design with a cross-sectional approach. The population in this study was 63 while the sample used was 63 respondents with sampling techniques using accidental sampling using bivariate analysis tested using Spearman Rank. Data collection was carried out using questionnaires. **Research Results:** The results showed that out of 63 respondents, as many as 48 respondents (76%) had good knowledge, 12 respondents (19%) had sufficient knowledge, 3 respondents (5%) had less knowledge about the Diabetes Mellitus diet. Furthermore, out of 63 respondents, as many as 51 respondents (80%) were very compliant, 12 respondents (19%) were compliant, 3 respondents (5%) did not comply with the Diabetes Mellitus diet. **Conclusion:** There was a significant and positive relationship between the level of knowledge and dietary adherence with a value of $p = <0.01$. Patients with good knowledge tended to be more compliant in carrying out dietary instructions than those with less knowledge. Researchers are then advised to add new, more complex variables.

Keywords: knowledge, dietary adherence, diabetes mellitus