

Yulianti, Tri. (2018). The Relationship of Family Support and Diet Compliance in The elderly Type 2 Diabetes Mellitus in Mantrijeron Health Center Working Area.

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Abstract

Background: One of non-communicable diseases that often occur in the elderly is diabetes mellitus. Diabetes mellitus is the number 4 most common disease in DIY in 2016. 90 - 95% of patients with diabetes mellitus are Type 2 Diabetes Mellitus (Type 2 DM). Diet is the primary treatment for managing diabetes mellitus. The important factor in dietary compliance is family support.

Objective: This study aims to determine the relationship of family support with dietary compliance in elderly with Type 2 DM.

Research method: This research is a descriptive correlational research with cross sectional approach. The subjects of this study were elderly Type 2 DM. The sampling technique in this study was purposive sampling with a total sample of 44 respondents. This data analysis uses the somer's d statistical test.

Results: Family support for most elderly Type 2 DM in good category (61.4%). Diet compliance of most elderly Type 2 DM is in good category (54.5%). Statistical test results showed there is relationship between family support with dietary compliance (p value = 0,001).

Conclusion: There is a relationship between family support with dietary compliance in elderly Type 2 DM in the Mantrijeron Community Health Center work area.

Keywords: Elderly, type 2 diabetes mellitus (Type 2 DM), family support, dietary compliance.