



PROCEEDINGS

The 4th International Conference on Sustainable Innovation (ICoSI) 2020

Cutting Edge Innovations for Sustainable Development Goals

Universitas Muhammadiyah Yogyakarta (Indonesia)

October 13 - 14 2020

<https://icosi.umy.ac.id/>

Focal Conferences



- ✔ (ICPU) The 2nd International Conference on Pharmaceutical Updates
- ✔ (ICOMS) The 6th International Conference on Management Sciences
- ✔ (ICLAS) The 9th International Conference on Law and Society
- ✔ (ICMHS) The 4th International Conference Medical and Health Sciences
- ✔ (ICAF) The 6th International Conference for Accounting and Finance
- ✔ (ILEC) The 2nd International Language and Education Conference
- ✔ (ICONURS) The 2nd International Conference on Nursing
- ✔ (ICITAMEE) The 1st International Conference on Information Technology, Advanced Mechanical and Electrical Engineering
- ✔ (IConARD) International Conference on Agribusiness and Rural Development
- ✔ (ISHERSS) The 2nd International Symposium on Social Humanities Education and Religious Sciences
- ✔ (ICONPO) The 10th International Conference on Public Organization
- ✔ (DREAM) The 5th Dental Research and Exhibition Meeting
- ✔ (ICHA) The 5th International Conference on Hospital Administration
- ✔ (ICOSA) The 3rd International Conference on Sustainable Agriculture





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Preface by the Chairperson of the 4th ICoSI 2020



Dr. Yeni Rosilawati, S.IP. S.E., MM.

Assalamu'alaikum Wr. Wb.

All praise is due to Allah, the Almighty, on whom we depend for sustenance and guidance. Prayers and peace be upon our Prophet, Muhammad SAW, his family and all of his companions.

On behalf of the organizing committee, it is my pleasure and privilege to welcome the honourable guests, distinguished keynote & invited speakers, and all the participants.

With the main theme of “Cutting-Edge Innovations on Sustainable Development Goals (SDGs)”, the 4th International Conference on Sustainable Innovation (ICoSI) 2020 serves as a forum to facilitate scholars, policy makers, practitioners, and other interested parties at all levels from Indonesia and abroad to present their novel ideas, promote cutting-edge research, and to expand collaboration network. The conference has about 1373 participants participating from more than 8 countries 4 continents all over the world, making this conference a truly international conference in spirit.

This multidisciplinary conference was first held in 2012 and has undertaken various changes and adopted to the current technological trends of our education system. From having this conference with just 175 participants back in 2012 we have come a long way in making the conference a huge success with more than 1373 participants participating in this two-day conference.

Formerly, this conference consisted of only 9 (nine) focal conferences. This year, there are 14 focal conferences from various disciplines, namely: 1) The 2nd International Conference on Pharmaceutical Updates (ICPU), 2) The 6th International Conference on Management Sciences

(ICoMS), 3) The 9th International Conference on Law and Society (ICLAS), 4) The 4th International Conference Medical and Health Sciences (ICMHS), 5) The 6th International Conference for Accounting and Finance (ICAF), 6) The 2nd International Language and Education Conference (ILEC), 7) The 2nd International Conference on Nursing (ICONURS), 8) The International Conference on Information Technology, Advanced Mechanical and Electrical Engineering (ICITAMEE), 9) The 2nd International Conference of Agribusiness and Rural Development (IConARD), 10) The 10th International Conference on Public Organization (ICONPO), 11) The 2nd International Symposium on Social Humanities Education and Religious Sciences (ISHERSS), 12) The 5th Dental Research and Exhibition Meeting (DREAM), 13) The International Conference on Hospital Administration (ICHA), and 14) The 3rd International Conference on Sustainable Agriculture (ICoSA).

Accordingly, We are proud to announce that this year, the 4th ICoSI 2020 breaks the Museum Rekor-Dunia Indonesia (MURI) record as the Virtual Multidisciplinary Conference with the Largest Number of Area of Fields in Indonesia

In addition, this year, this conference holds special value since this is the first conference in the history of our university where the entire conference is taking place remotely on a digital platform through the use of advance technologies due to the Covid-19 Pandemic.

I would take this opportunity to express my highest respect to the Rector of Universitas Muhammadiyah Yogyakarta, Dr. Gunawan Budiyanto who gave approval and ensured the maximal support from all the faculty members of Universitas Muhammadiyah Yogyakarta (UMY) that made this event a big success. In addition, my appreciation goes to all the support teams who have provided their valuable support and advice from planning, designing and executing the program.

Let me conclude my speech by encouraging the delegates to participate with an increasing number in all the activities and discussions through the digital platforms for the next two days. I wish everyone a successful, safe, and fruitful conference.

Thank you!

Wassalamu'alaikum Wr. Wb.

Yogyakarta, Indonesia, 14 October 2020



Welcoming Remarks by the Rector of Universitas Muhammadiyah Yogyakarta



Assoc. Prof. Dr. Gunawan Budiyanto

Innovation is the beginning of the development of technology, and technology is a development machine that is expected to provide benefits to humans and provide the smallest possible impact on environmental quality. In the concept of sustainable development, development must improve the quality of human life without causing ecological damage and maintain the carrying capacity of natural resources.

International Conference on Sustainable Innovation (ICoSI) is an international conference which is an annual conference held by the University of Muhammadiyah Yogyakarta (UMY), Indonesia. In 2020 this raises the issue of "Cutting-Edge Innovations on Sustainable Development Goals." Therefore, on behalf of all UMY academics, I would like to congratulate you on joining the conference, hoping that during the Covid-19 Pandemic, we can still provide suggestions and frameworks for achieving sustainable development goals.

About The 4th International Conference on Sustainable Innovation (ICoSI) 2020

Cutting Edge Innovations for Sustainable Development Goals

The 2030 Agenda for Sustainable Development is enacted by the United Nations as a shared blueprint for peace and prosperity for people and the planet, now and into the future. It consists of strategies to improve health and education, reduce inequality, and spur economic growth while also conserving natures by 2030.

This year, however, at the first one-third of its timeline, the SDG Reports shows that the outbreak of COVID-19 did hinder the achievement, or at least decelerate the progress of achieving the 17 goals. In fact, according to the report, “some number of people suffering from food insecurity was on the rise and dramatic levels of inequality persisted in all regions. Change was still not happening at the speed or scale required”, accordingly.

Therefore, in this event of pandemic, the quantity and quality of research, innovation, and more importantly multi-disciplinary collaboration are indispensable. Furthermore, there needs to be clear ends of those works. That is how those research are applicable and benefits directly to the society. That is how those research is incorporated as the drivers of policy making, and used practically in the society. Hence, the stakeholders especially the triple helix of higher education institution, government, and industry must be re-comprehended and supported to reach the common goal of the SGD.

International Conference on Sustainable Innovation (ICoSI) has been essentially attempting to strengthen this regard since its first establishment. One of the goals of ICoSI is to provide primarily a platform where scholars, practitioners, and government could grasp the development and trends of research. Hopefully, meeting these actors altogether would result in stronger collaboration, sophisticated and advantageous research, and brighter ideas for further research. Based on these reasoning, this year, the 4th ICoSI 2020 UMY is themed ‘Cutting-edge Innovations for Sustainable Development Goals’.

Improving from last year conference which brought nine focal conference, this year ICoSI 2020 UMY brings 14 disciplines, from social sciences, natural sciences, and humanities. ICoSI 2020 received as much as 1005 papers. The paper works submitted in ICoSI 2020 UMY will be published in Atlantis Proceedings, IOP Proceedings, National/International Journals, and ICoSI ISBN-indexed Proceedings.

Nevertheless, ICoSI believes that publication is only the beginning of research dissemination. The publications will enhance the chance of the research known by wider audience, and then used, applied, and incorporated at either system, institutional, or personal level of human lives.



CONTENTS



The 4 th ICoSI 2020 Committees	2
Reviewers of 4 th ICoSI 2020	5
Preface by the Chairperson of the 4 th ICoSI 2020	7
Welcoming Remarks by the Rector of Universitas Muhammadiyah Yogyakarta.....	9
About The 4 th International Conference on Sustainable Innovation (ICoSI) 2020	10
CONTENTS	11
TRACK ECONOMICS, LAW, EDUCATION, SOCIAL, AND HUMANITIES	15
A Policy Analysis for Building Regulation in Disaster Situations on Sleman Regency	16
Wisnu Dimas Punto Aji ^{1,*} Dewi Sekar Kencono ²	16
Valuation of a Declining Oilfield under Stochastic Oil Prices and Non-Constant Interest Rates	20
Fransiscus Pratikto ^{1,*} , Sapto Indratno ² , Kadarsah Suryadi ³ , Djoko Santoso ⁴	20
The Dispute Board as an Alternative to the Construction Service Disputes Settlement.....	26
Fadia Fitriyanti ^{1,*} Emil Adli ²	26
The Promotion and Protection of Human Rights in Islam for Creating the Culture of Peace	33
Martinus Sardi ^{1,*}	33
Trusts Concept Settings in Management Limited Company.....	39
Reni Anggriani ^{1,*} King Faisal ²	39
Legal Protection of Nurses in Health Care Efforts During the co-pandemic Period 19	43
Reny Suryanti ^{1,*} Nyoman Putra Putra ²	43
Effect of Parenting against Smartphone Addiction	47
Mawaddah Nasution ^{1,*} , Siswanto Masruri ² , Khoiruddin Bashori ³	47
Model of Organizing Film Productio Amid the Covid-19 Outbreak in Indonesia.....	51
Citra Dewi Utami ^{1,*}	51
Accountability of Village Fund Allocation Management (ADD) in Village Government.....	56
Mohamad Sukarno ^{1,*}	56
Effect of Parenting against Moral Development of Children Aged 4-10 Years	62
Widya Masitah ^{1,*} Asmadi Alsa ² Abd.Madjid ³	62
The Influence of Family Communication on Children’s Social Competence at SD Ar-Rahman Full Day School Medan.....	67
Juli Maini Sitepu ^{1,*} Asmadi Alsa ² Abd.Madjid ³	67
The Integration of Law and Religion for New Civilization in Indonesia	72
Dewi Nurul Musjtari ^{1,*} Nurmawati ² Zola Fi Dinillah Halim ³	72
Head of East Java Aisyiah Board Women’s Empowerment Methods in Realizing Sustainable Development Goals Di Indonesia.....	78
Nur Azizah Hidayat ^{1,*} Iman Zukhrufi Nur Azzam ²	78
Optimization of Child-Friendly City Development Policy in Yogyakarta City	89
Septi Nur Wijayanti ^{1,*} Hanum Salsabila ²	89
The Obligation of Indonesian Government to Ratify the Rome Statute for the Global Justice	98
Muhammad Nur Islami ¹ , Martinus Sardi ²	98
Legal Politics of Restoration of Indonesia’s State Policy Post Amendment of the 1945 Constitution	103
King Faisal Sulaiman ^{1,*}	103
Competition Price Regulations in an Islamic Perspective: Determination of the Aircrat Ticket Tariff	109
M. Tri Saputra ^{1,*} Mukti Fajar ND ²	109
Romanticism Dyanamics of Legal Politics Protection and Management of Environmental Protection to Indonesia’s Ecocracy	116
Al Qodar Purwo S ¹ , Nur Azizah Hidayat ² , Iman Zukhrufi Nur Azzam ³	116
Ambiguity of Environmental Economic Instruments between Ecological or Economic Interests, in Controlling Environmental Damage in Special Region of Yogyakarta.....	123
Sunarno ¹ Arvin Setiyana Dewangga ²	123
The Law Enforcement against a Non-Sharia Compliance Banking Transaction by the Financial Services Authority in Indonesia	130
Dewi Nurul Musjtari ^{1,*} Nasrullah ² Aunurochim Mas’ad ³ Nurmawati ⁴	130



Shariah Audit Expectation-Performance Gap in Malaysian Islamic Banks.....	137
Supiah Salleh ¹ , Mustafa Mohd Hanefah ² , Zurina Shafii ³	137
Students' Attitudes towards Blended Learning Implementation in a private university of Yogyakarta	144
Avita Elok Faiqoh ¹ , Eko Purwanti ²	144
How Millennial Think About Privacy Concern?	152
Anissa Hakim Purwantini ¹ , Betari Maharani ¹	152
Impact Of Changes in Psak on the Competence of Lecturers and Students Understanding Levels.....	157
Duwi Rahayu ^{1*} , Imelda Dian Rahmawati ^{1*} , Bayu Hari Prasajo ¹	157
The Influence of Internal Locus of Control, Idealism, Ethical Knowledge, and Gender on Accounting Students' Ethical Perception.....	167
Aji Baskoro ^{1*} , Dyah Ekari Sekar Jatiningsih ¹	167
Effect of Net Income, Rupiah Exchange Rate, Interest Rate dan Inflation on Stock Price	174
Edon Ramdani ^{1*} , Zehan Nur Apsah ²	174
A Comparative Analysis on the Recognition of Zakat in the Taxation Systems of Malaysia and Indonesia	187
Suhaila Abdul Hamid ^{1*} , Ickuk Rangga Bawono ^{2*} , Ayu Ratu Wulandari ²	187
Developing an Environmental Tax Framework for Malaysia:	192
Izlawanie Muhammad ^{1*} , Norfakhirah Nazihah Mohd Hasnu ²	192
Determining Factors for Success Use of E-Learning in Learning Process in College.....	196
Mohammad Alfian ^{1*} , Hikmatul Maulidah ²	196
Effect Of Money Ethics And The Use Of Siskeudes On The Level Of Fraud In Village Fund Management With Religiosity As A Moderation Variable.....	202
Elisa Purwitasari ^{1*} , Mohammad Alfian ^{1*} , M. Sofyan Firman Syah ^{1*}	202
The Relationship between Performance Based Budgeting Implementation, Budget Absorption, Accountability and Local Government Performance.....	208
Parwoto ^{1*}	208
The Influence of Information Technology (IT) on Accrual Accounting Adoption of the Jordanian Public Sector .	217
Moawiah Awad Alghizzawi ^{1*} , Rosnia Masruki ¹	217
The Effect of Professional Skeptisism, Auditor Expertise, and Integrity of Audit Quality.....	224
Ruci Arizanda Rahayu ^{1*} , Sarwenda Biduri ^{1*} , Mahardika D. Kusuma Wardana ^{1*}	224
E-Procurement and Effectiveness of Internal Controls on Fraud Prevention	231
Sarwenda Biduri ^{1*} , Wiwit Hariyanto ^{1*} , Ilmi Usrotin ¹	231
Usefulness of Accounting Information in Predicting Hedging Decision	234
Sustari Alamsyah ^{1*} , Triana Zuhrotun Aulia ¹	234
Religious Belief & <i>Halal</i> Cosmetic Products Consumption	241
Tanti Handriana ¹ , Praptini Yulianti ² , Ryan Bayu Permana ³	241
Does Corporate Social Responsibility Disclosure Affect Profit Sharing Ratio?	246
Veni Soraya Dewi ^{1*} , Fritztina Anisa ^{1*} , Faqiatul Mariya Waharini ¹	246
Determination Analysis Affecting Intellectual Capital Disclosure and Its Effect on Market Performance and Cost of Equity Capital.....	252
Wawan Sadtyo Nugroho ^{1*} , Nia Kurniati Bachtiar ¹	252
TRACK HEALTH AND NURSING SCIENCE	261
The Effect of Assertive Behaviour Therapy towards Bullying Behavior in Adolescents	262
Chindy Maria Orizani ^{1*} , Dwi Yuniar Ramadhani ²	262
Characteristics and Level of Knowledge of Newborn Baby Care in Pandemic Covid 19	265
Devita Elsanti ^{1*} , Diyah Yulistika Handayani ²	265
Risk factors for disease severity in paediatric patients with Covid-19: A literature review	269
Eka Oktavianto ¹ , Gani Apriningtyas Budiati ² , I Made Moh. Yanuar Saifudin ^{3*} , Endar Timiyatun ⁴ , Aris Setyawan ⁵	269
The Role of Self-Efficacy and Family Support in Improving the Quality Of Life of Patients with Hypertension ...	276
Erni Tri Indarti ^{1*} , Oktaffrasya Widhamurti ² , Remita Yuli Kusumaningrum ³	276
The Influence of Head Nurses Supervision on Discharge Planning Completeness	280
Etik Kustiati ^{1*} , Vivi Yosafianti Pohan ²	280
Lemon and Rose Aromatherapy Reduce Blood Pressure in Preeclampsia during Pregnancy	284
Etika Purnama Sari ^{1*} , Dewi Andriani ²	284



Phenomenology of Acceptance Process and Self Concept Changes of the Hernia Post-Surgery Clients in Kebumen Regency, Central Java Indonesia	288
Ike Mardiaty Agustin ¹ , Doni Kurniawan ² , Sawiji ³	288
The Role of Family Support to Medication, Diet and Activity of Diabetic Patients	292
Indah Wulandari ^{1,*} , Kusnanto ² , Sony Wibisono ³ , Dwi Abdul Aziz ⁴	292
The Effectiveness of Giving Fe Tablet in Increasing Hemoglobin Levels in Adolescent at Vocational School of Swadaya Temanggung	297
Halimah Sarjiyati ¹ , Luluk Rosida ^{2,*}	297
The Effect of Passive Physiotherapy on Hemodynamic Status of Patients with Head Injury: A Literature Review	300
Ni Luh Seri Astuti ¹ , I Made Moh. Yanuar Saifudin ^{2,7,*} , Novida Prima Wijayanti ³ , Marsha Yoke Nancy ⁴ , Ahmad Firdaus ⁵ , Sri Setiyorini ⁶	300
The Effectiveness of Cognitive Behaviour Therapy towards Hallucination Intensity in Skizofrenia Patients	312
Noviana Ayu Ardika ^{1,*} , Mohammad Fatkhul Mubin ²	312
The Effect of Tuberculosis Event on the Self-Concept of Positive Pulmonary Tuberculosis and Negative Pulmonary Tuberculosis	316
Nurbaiti ¹ , Meynur Rohmah ^{2,*}	316
An Overview of the Implementation of IMCI in Primary Health Community of Bantul and Yogyakarta City	320
Rahmah ^{1,*}	320
The Influence of Cervical Cancer Education on Cervical Cancer Prevention Behaviour in Women of Childbearing Age: a Literature Review	325
Riska Putri Miharja ¹ , Enny Fitriahadi ^{2,*}	325
Family Support for Type 2 DM Patients in Controlling Blood Sugar levels in Kebonsari Surabaya	330
Rusdianingseh ^{1,*} , Difran Nobel Bistara ²	330
Relationship Family Support with Menstrual Hygiene Behavior in Early Adolescents	333
Julita Kartrikasari Eka Pratiwi ¹ , Sarwinanti ^{2,*}	333
Risk Factors of Stunting: A Literature Review	339
Sholihah Gustavia Yolanda ^{1,*} , Ellyda Rizki Wijhati ²	339
Analysis of Education and Family Income Factors on Caregiver Burden in Elderly Care at Community Health Center of Perak Timur	345
Siti Aisyah ^{1,*} , Gita Marini ²	345
Analysis of Diet Compliance in Patients with Diabetes Mellitus on the occurrence of complications in the Polyclinic in Nganjuk Regional Hospital	350
Sony Wahyu Tri Cahyono ^{1,*} , Laili Indana Lazulva ² , Indah Permatasari ³	350
Anti-Cancer Activity of Ants Nest Plant (<i>Myrmecodia Pendans Merr. & Perry</i>) on Protein Transduction Signal Resistance Complex CDK-2-Cyclin-E and NF-Kb: Silico Molecular Docking Study	354
Ana Medawati ^{1,*} , Supriatno ² , Sofia Mubarika ³ , Sitarina Widyarini ⁴	354
Black Triangle Treatment with Non Surgeryaesthetic Restoration (Case Report)	358
Any Setyawati ^{1,*}	358
The Effect of Rosella Flower Tea Solution Onto Discoloration of Plate Heat Cured Acrylic Resin Base	361
Fransiska Nuning Kusmawati ^{1,*} , Tabitha Nurul Arifa ²	361
Management of Dental Mobility with Combinations of Splinting And Jacket Crown	367
Hartanti ^{1,*}	367
Dental Service Time in the Implementation of Indonesia National Health Insurance Based on the Highest Dental Treatments At Primary Care	370
Iwan Dewanto ^{1,*} , Sharon Sesita Frinces ²	370
The Oral Hygiene Level Of Dentistry School Female Students Using Fixed Orthodontics	374
Muhammad Shulchan Ardiansyah ^{1,*} , Rizki Adzhani Nur Shabrina ²	374
Radix Anchor Post as Intracanal Retention in Porcelain Fused Metal Crown Restoration	378
Nia Wijayanti ^{1,*}	378
Correlation between Dental Behavior and Dental Caries Status (DMF-T) of Pendul Community Sedayu District Bantul Yogyakarta	381
Novitasari Ratna Astuti ^{1,*}	381
An Evaluation of the Training of Structured Feedback with 4c/Id Method in Clinic Advisors	385





Nyka Dwi Febria ^{1,*} , Mora Claramitha ² , Widyandana ³	385
Halal and Tayyib is The New Life Style of Food Consumption in Achieving Sustainable Development Goals ...	389
Arif Pujjiono ^{1,*}	389
Entrance and Exit Wound in Gunshot Death Cases at Forensic and Medicolegal Installation of Dr. Soetomo Hospital in 2019: Case Study	392
Desy Martha Panjaitan ^{1,*} , Ahmad Yudianto ² , Ariyanto Wibowo ³	392
Measuring Urban Self-Payers' WTP for the JKN-KIS Health Insurance: A Choice-Based Conjoint Approach ...	395
Fransiscus Rian Pratikto ^{1,*} Rika Teddy ²	395
Level of Lipoprotein (a) as A Predictive Factor for Coronary Thrombus.....	400
Iin Novita Nurhidayati Mahmuda ^{1,*}	400
The Influence of Health Education (Health Promotion) Breast Self Examination (BSE) Against Behavior of BSE (Knowledge, Attitudes, and Action) Student of Madrasah Aliyah Ar-Raudlatul Ilimiyah Islamic Boarding School Kertosono in Early Detection of Breast Cancer	403
Lina Nur Hidayah ^{1,*} , Nurma Yuliyanasari ² , Musa Ghufro ³ , Muhammad Anas ^{4,*}	403
Case Report: Misdiagnosis Case Of Nasopharyngeal Carcinoma in Patient with Chronic Rhinosinusitis: Family Doctors Awareness is Essential	408
Oke Kadarullah ^{1,*}	408
The Effectiveness of Iler Leaf (<i>Plectranthus Scutellarioides</i> [L.] R.Br. <i>Folium</i>) on the Healing Process (Diameter) Of Burn Injury Grade II A on White Mouse (<i>Rattus Norvegicus</i>) Wistar Strain.....	411
Wulandini Ayuning Dinda ^{1,*} , Kusumawinakhyu Titik ² , Bahar Yenni ³ , Romdhoni Fadhol Muhammad ⁴	411
Influence of Body Height on Central Motor Conduction Time Using Transcranial Magnetic Stimulation	415
Yetty Hambarsari ^{1,*} , Priyanka Ganesa Utami ² , Rivan Danuaji ³ , Baarid Luqman Hamidi ⁴ , Subandi ⁵ , Sulistyani ⁶	415
The Effect of <i>Phoenix Dactylifera Pollen</i> on Histology Liver of <i>Rattus norvegicus</i> Exposed with Air Fresheners.....	419
Yuningtyaswari ^{1,*} , Mega Silviana Dewi ²	419
Comparison of Dominant and Non-Dominant Hemisphere Cortical Excitability Using Transcranial Magnetic Stimulation	425
Yetty Hambarsari ^{1,*} , Baarid Luqman Hamidi ² , Rivan Danuaji ³ , Priyanka Ganesa Utami ⁴ , Sulistyani ⁵	425



TRACK ECONOMICS, LAW, EDUCATION, SOCIAL, AND HUMANITIES



Analysis of Diet Compliance in Patients with Diabetes Mellitus on the occurrence of complications in the Polyclinic in Nganjuk Regional Hospital

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ABSTRACT

Compliance in implementing a healthy diet and lifestyle is the main key in controlling blood sugar levels in people with diabetes mellitus. If it is not controlled, it will cause various diseases that will be caused by impaired eyesight, cataracts, heart problems, impaired kidney function, sexual impotence, difficult to heal a wound, or even rot/gangrene, occurrence of lung infections, disorders of blood vessels and strokes. The purpose of this study is to determine what factors influence diet adherence in people with diabetes mellitus for the occurrence of complications. This research uses mixed methods. This research uses accidental sampling and obtained quantitative data of 77 respondents to see the relationship between diet adherence with the occurrence of complications, and after that qualitative data, of 10 respondents were conducted by interview knowing what factors influence diet adherence. Quantitative statistical test results $p\text{-value} = 0.002 < \alpha = 0.05$, which means there is a relationship between diet adherence with the occurrence of complications. While the results of qualitative data obtained three themes, namely lack of dietary knowledge, no family support, and difficulty in complying. Adherence to the diet in people with diabetes mellitus is very important to prevent complications; therefore the health team needs to always provide knowledge on how to diet properly, and families are expected always to support the diet so that motivation arises to carry out the diet in order to avoid complications seriously.

Keywords: Diabetes Mellitus, Diet Compliance, and Complications

1. INTRODUCTION

Diabetes mellitus is a chronic disease characterized by increased blood sugar levels due to hormonal disorders that can cause complications. Complications in DM are usually heart disease, kidney failure, hypertension, glaucoma, impotence, cataracts, and gangrene. Complications arise due to non-adherence to diet¹. Compliance can be interpreted to the extent of adherence to the advice of health workers. Some can influence compliance, which including internal factors including knowledge, family support, and social support. DM diet adherence greatly affects blood sugar levels and routine adherence can help in controlling the diet of DM patients². Diet is the basis of DM management, which aims to provide all essential food elements, achieve and maintain body weight, meet energy needs, and prevent fluctuations in blood glucose levels. Glycemic control of patients is strongly influenced by patient's adherence to dietary recommendations, including the type, amount, and schedule of food consumed, and non-

compliance is one of the obstacles to achieving treatment goals. Long-term adherence to diet is one of the most challenging aspects of the management of DM⁴.

Complications of DM consist of acute complications, changes in glucose levels and chronic complications, namely changes in the cardiovascular system, changes in the peripheral nervous system, mood changes, and increased susceptibility to infections. In addition, vascular changes in the lower extremities in people with DM can lead to arteriosclerosis, resulting in complications involving the legs that cause a high incidence of amputation in DM patients⁵. Patients with diabetes mellitus mostly do not understand the discipline of diet so that it will lead to complications that will aggravate the patient's condition.

2. METHOD

The method that will be used in this research is mixed methods. Research using quantitative research approaches with qualitative research used in one study to obtain more comprehensive, valid, reliable, and objective data¹⁷. Quantitative data uses correlation design, which examines

relationships, estimates, and tests existing theories. The approach used is cross-sectional, which is a type of research that emphasizes the time of measuring/observing independent and dependent variable data only once at a time (Nursalam, 2016). Data collection of diet adherence and occurrence of complications in people with diabetes mellitus was conducted using questionnaire on 77 respondents in three weeks.

While qualitative data with a phenomenological approach, which means research that focuses on the discovery of facts in accordance with experience. Qualitative research is methods to explore and understand the meaning of a number of individuals or groups of people considered from social or humanitarian problems¹⁷. Phenomenology is a research method that understands the uniqueness of the world of individual life phenomena, the unique and specific responses experienced by each individual, including interactions with others¹⁶.

Researchers randomly took respondents and conducted in-depth interviews to explore what factors influence diet compliance with the occurrence of complications in people with diabetes mellitus.

3. RESULTS

After data collection, tabulation, and analysis using SPSS, there is a correlation between diet adherence in people with diabetes mellitus and complications. Based on the table above, the results obtained $p\text{-value} = 0.002 < \alpha = 0.05$ so that it can be concluded that there is a relationship of diet adherence in people with diabetes mellitus with complications.

Table 1 Nonparametric Test Results

Correlations				
			obedience	The occurrence of complications
Spearman's rho		Correlation Coefficient	1,000	,351**
	obedience	Sig. (2-tailed)	.	,002
		N	77	77
	The occurrence of complications	Correlation Coefficient	,351**	1,000
		Sig. (2-tailed)	,002	.
		N	77	77

** . Correlation is significant at the 0.01 level (2-tailed).

Based on the results of in-depth interviews and thematic analysis on ten respondents, the results of qualitative data shows that so that a theme can be drawn namely, 1). Lack of knowledge about diet, 2). Lack of family support and 3). Difficulty in following a diet.

Table 2 Themes Lack of knowledge about diet

Them	Lack of knowledge about diet			
es				
Category	Do not understand	Do not understand	Do not understand	Do not understand
Sub-categories	What foods can be eaten	Don't understand and what to do	Don't eat	No sugar consumption
Code	Do not understand	Eat 3 smpai 4 times a day	Fear of eating	Fear of eating rice

Respondent 3: "Sometimes I don't eat, afraid of eating rice, fried food let alone eat sugar."

Table 3 Themes Lack of family support

Themes	Lack of family support			
Category	Family doesn't care	Family doesn't care	Families less supportive of diet	Families less supportive of diet
Sub-categories	Not paying attention to the food of family members suffering from DM	Don't understand what to do	Cooking food using sugar	Always provide rice
Code	Regular cooking	Does not control Do not regulate the feeding hours of DM sufferers	Regular cooking does not reduce sugar	Providing rice

Respondent 8: "My family cooks as usual, I also consume rice."

Respondent 5: "Sometimes I eat 3 to 4 times a day even though the portions are small."

Table 4 Themes Difficulty in complying with diet

Them es	Difficulty in complying with diet			
Category	Always feeling hungry	Fear of eating		
Sub-categories	Want to eat	Can't control appetite	Do not know the number of portions of food	Do not know the meal time
Code	Always hungry	Eat anytime	Eat whatever's there	Eat when you're hungry

Respondent 1: "I eat when I feel hungry."

Respondent 7: "I find it difficult to have to set the hours and portions."

4. DISCUSSION

4.1. Diet Compliance for Diabetes Mellitus Patients

Based on the results obtained from 77 almost all respondents were not compliant in carrying out the diet. Among the respondents aged 56-60 years, there are 14 respondents who were not compliant in carrying out the diet. Based on the sex category, there are 31 male respondents and 33 female respondents who do not adhere to the male diet. Diet adherence in diabetics is greatly influenced by knowledge of diet and family support so that blood sugar levels will be controlled and complications will not occur¹⁸. Diet adherence is still very low in respondents at the age of 56-60 years which likely influenced by lack of support from families who prepare food without regard to diet in people with diabetes mellitus.

4.2. Complications in Diabetes Mellitus Patients

Based on the results obtained from 77 respondents, almost 83.1% had complications. The biggest complication suffered was heart disease, 23.4%. This study is in line with previous study conducted by Saputri (2020) on systemic complications in patients with type 2 diabetes mellitus

conducted in 72 patients found that 11.1% had complications of heart disease, neuropathy jam, diabetic acidosis, nephropathy, hypoglycemia, cerebrovascular, and ulcer.

Diabetes mellitus is susceptible to complications because the blood of patients with concentrations becomes thick so that it will inhibit blood flow, especially in capillaries. Complications will usually arise in patients who are more than one year suffering from diabetes mellitus.

4.3. Dietary Compliance and the Occurrence of Complications in Patients with Diabetes Mellitus

Based on the results of the statistical test, the results obtained p-value = 0.002 < α = 0.05 which means that there is a relationship between diet adherence with the occurrence of complications in people with diabetes mellitus and the value of R = 0.351 which means that the lower the adherence, the greater the complications occur. Based on the results of in-depth interviews to find out what factors influence diet compliance, there are three obtained, 1). Lack of knowledge about diet, 2). Lack of family support, and 3). Difficulty in following a diet.

This research is in line with research conducted by Widyarni (2020) with 40 respondents who mostly did not adhere to the diet. (Fullstop) – start new sentence. This is influenced by the level of education, level of knowledge and employment. These factors affect diet adherence in patients with diabetes mellitus in the inpatient hospital Dr. R. Soeharsono Banjarmasin.

While research conducted by Delima (2020) on 67 respondents found that there is a relationship between knowledge and family support in carrying out diabetes diet adherence in patients with diabetes mellitus at the Kendari City Hospital.

Diet adherence in people with diabetes mellitus is very heavy if it is not understood by sufferers and is supported by the family to help prepare the diabetic diet in daily life. People with diabetes also have difficulty in adhering to the diabetic diet in daily life. This is influenced by the age of most sufferers which is more than 50 years in which memory and ability which has been decreased.

5. CONCLUSIONS AND RECOMMENDATIONS

5.1. Conclusion

Adherence to the diet in people with diabetes mellitus is very important to maintain blood sugar levels so that it is always in normal level. If this is not taken seriously, it will lead to various complications. Diet adherence in patients with diabetes mellitus includes lack of knowledge about the diet, lack of family support, and difficulties in adhering to the diet.

5.2. Suggestions

Family support is very important in maintaining diet adherence in People with diabetes mellitus, therefore the

family is a caregiver for sufferers who should always be active in maintaining a diet of People with diabetes mellitus sufferers. Providing health education specifically about diets for diabetics is always done to increase knowledge and motivate them to always be obedient in implementing a diabetes diet.

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