

Factors Caused No Diet Compliance With Elderly With Diabetes Mellitus In The Region Working Health Health Door Of Sibolga City Year 2019

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ABSTRACT

Diabetes Mellitus (DM) or diabetes abbreviated is a health disorder in the form of a collection of symptoms caused by an increase in blood sugar (glucose) levels due to insulin deficiency or resistance. This study aims to determine the factors that cause dietary non-compliance in the elderly with diabetes mellitus in the work area of the Pintu Angin City Health Center in Sibolga City in 2018. The research design used was analytical descriptive. Sampling technique is accidental sampling as many as 86 respondents. The measuring instrument used is a questionnaire sheet. Analysis of the data using the Chi Square Test Statistical test.

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1. Introduction

WHO predicts an increase in the number of people with diabetes in Indonesia from 8.4 million in 2000 to around 21.3 million in 2030. This report shows an increase in the number of people with diabetes by 2-3 times in 2035. Meanwhile, the International Diabetes Federation (IDF) predicts an increase in the number of people with DM in Indonesia from 9.1 million in 2014 to 14.1 million in 2035 (PERKENI, 2015).

Based on data from the Indonesian Central Statistics Agency in 2003, it is estimated that the Indonesian population aged over 20 years is 133 million people. By referring to the pattern of population growth, it is estimated that in 2030 there will be 194 million people aged over 20 years (PERKENI, 2015).

To control diabetes, the Ministry of Health has established 13,500 Integrated Guidance Posts (Posbindu) to make it easier for residents to access diabetes early. Apart from that, the Minister of Health also called on the public to take CERDIK actions, namely by conducting regular health checks to control body weight so that it remains ideal and not at risk of getting sick, checking blood pressure, blood sugar and cholesterol regularly. Get rid of cigarette smoke and don't smoke. Diligently doing physical activity for at least 30 minutes in a row such as exercising, walking, cleaning the house. Efforts are carried out properly, correctly, regularly and measurably. A balanced diet by eating healthy and balanced nutrition, consuming sugar up to a maximum of 4 tablespoons or 50 grams per day, avoiding sweet or carbonated foods/drinks. Enough rest. Manage stress properly and correctly. (Ministry of Health RI, 2016).

Non-adherence to diabetic clients is a serious health problem that poses a major challenge to the success of health services. Patient non-compliance is not only focused on drug consumption, but also the problem of changing lifestyle, doing medical tests and the low desire to go to the doctor or health service place. Studies show that non-adherent Diabetes Mellitus sufferers have a mortality rate of 12% (Khan.et.al, 2012).

The results of a preliminary survey at the Pintu Angin City Health Center in Sibolga showed that the number of DM was 56 patients, starting from the results of interviews with several DM patients, information was obtained that they were lazy to take medication..

2. Method

2.1. Research Design

This type of research uses the type of analytical research.

2.2. Population and Sample

All elderly people with DM in the Working Area of the Pintu Angin Health Center, Sibolga City. The number of samples is 86 people.

2.3. Analysis Techniques

Used computer software program, namely, SPSS. Univariate The data were analyzed descriptively based on the percentage results for each research variable. Knowing the description of each variable in the form of frequency distribution and percentage. Bivariate analysis through chi square statistical test.

3. Results and Discussion

TABLE 1
THE THE RELATIONSHIP OF KNOWLEDGE FACTORS WITH DIET DISOBEDIENCE IN ELDERLY PEOPLE WITH DIABETES MELLITUS IN THE WORK AREA OF THE SAWO HEALTH CENTER, SAWO DISTRICT, NORTH NIAS REGENCY

Knowledge	Diet Compliance				Amount	
	Not obey		Obey		N	%
	n	%	n	%		
Well	2	18.2	2	28.6	4	22.2
Not enough	9	81.8	5	71.4	14	77.8
Amount	11	100	7	100	18	100

$X^2 = 0.267$ $df = 1$ $p = 1,000$

Based on table 4.3.1 above, it shows that the results of the Chi-Square Test: 0.267 df: 1 p: 1,000 > a significant value of 0.05 so that H₀ is accepted, which means that there is no relationship between the knowledge factor and diet disobedience in the elderly with diabetes mellitus.

TABLE 2
THE RELATIONSHIP OF FAMILY ROLE FACTORS WITH DIET DISOBEDIENCE IN ELDERLY PEOPLE WITH DIABETES MELLITUS IN THE WORK AREA OF THE SAWO HEALTH CENTER, SAWO DISTRICT, NORTH NIAS REGENCY.

Socio-Economic	Diet Compliance				Amount	
	Not obey		Obey		N	%
	n	%	n	%		
Yes Play	4	36.4	2	28.6	7	33.3
No role	7	63.6	5	71.4	11	66.7
Amount	11	100	7	100	18	100

$X^2 = 0.117$ $df = 1$ $p = 0.732$

Based on table 4.3.3 above shows that the results of the Chi-Square Test: 0.117 df: 1 p: 0.732 > from a significant value of 0.05 so that H₀ is accepted, which means that there is no relationship between socioeconomic factors and diet disobedience in the elderly with diabetes mellitus.

TABLE 3
THE RELATIONSHIP OF FAMILY ROLE FACTORS WITH DIET DISOBEDIENCE IN ELDERLY PEOPLE WITH DIABETES MELLITUS IN THE WORK AREA OF THE SAWO HEALTH CENTER, SAWO DISTRICT, NORTH NIAS REGENCY.

Environment	Diet Compliance				Amount	
	Not obey		Obey		N	%
	n	%	N	%		
Yes Support	-	0	5	71.4	5	27.8
Does not support	11	100	2	28.6	11	72.2
Amount	11	100	7	100	18	100

$X^2 = 10,879$ $df = 1$ $p = 0.002$

Based on table 4.3.4 above, it shows that the results of the Chi-Square Test: 10.879 df: 1 p: 0.001 < from a significant value of 0.05 so that H₀ is rejected, which means that there is a relationship between environmental factors and dietary non-compliance in elderly people with diabetes mellitus.

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TABLE 3
RELATIONSHIP FACTORS OF THE ROLE OF HEALTH WORKERS WITH DIET DISOBEDIENCE IN ELDERLY PEOPLE WITH DIABETES MELLITUS IN THE WORKING AREA OF THE SAWO PUBLIC HEALTH CENTER, SAWO DISTRICT, NORTH NIAS REGENCY.

Role of Health Officer	Diet Compliance				Amount	
	Not obey		Obey		N	%
	n	%	N	%		
Yes Support	1	9.1	5	71.4	6	33.3
Does not support	10	90.9	2	28.6	12	66.7
Amount	11	100	7	100	18	100

$X^2 = 7.481$ $df = 1$ $p = 0.013$

Based on table 4.3.5 above, it shows that from the results of the che-square test: 7.481 df: 1 p: 0.013 < from a significant value of 0.05 so that H 0 is rejected, which means that there is a relationship between the role of health workers and diet disobedience in the elderly with diabetes. mellitus.

4. Conclusion

There is a relationship between knowledge and non-compliance at the Pintu Angin Public Health Center, Sibolga City in 2019, where the results of the statistical test carried out found that X 2 count was 11,178 greater than X 2 table was 3,841. There is a relationship between attitude and non-compliance at the Pintu Angin Public Health Center, Sibolga City in 2019, where the results of the statistical test carried out show that X 2 count is 6.888 greater than X 2 table is 3.841. There is a relationship between family support and non-compliance at the Pintu Angin Health Center, Sibolga City in 2019, where the results of the statistical test carried out found that X 2 count was 23,407 greater than X 2 table was 3,841.

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