

ABSTRAK

“PENGARUH SWABANTU TERHADAP KEPATUHAN DIET PADA PASIEN DIABETES MELITUS TIPE II DI PUSKESMAS OESAPA”

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Latar Belakang: Kepatuhan diet merupakan aspek penting dalam pengelolaan diabetes melitus tipe II. Rendahnya kepatuhan diet dapat meningkatkan risiko komplikasi. Swabantu (*self-help group*) merupakan intervensi kelompok yang dapat meningkatkan motivasi dan dukungan sosial bagi pasien. **Tujuan:** Mengetahui pengaruh swabantu terhadap kepatuhan diet pada pasien diabetes melitus tipe II di Puskesmas Oesapa. **Metode:** Penelitian ini menggunakan desain *one group pretest-posttest* dengan pendekatan quasi-eksperimen. Sampel sebanyak 15 responden DM tipe II dipilih secara purposive sampling. Intervensi dilakukan dalam tiga sesi kelompok swabantu. Pengumpulan data menggunakan kuesioner *Dietary Behavior Questionnaire (DBQ)*. Analisis data menggunakan uji Wilcoxon. **Hasil:** Terdapat peningkatan signifikan tingkat kepatuhan diet setelah intervensi swabantu ($p < 0,05$). **Kesimpulan:** Swabantu efektif meningkatkan kepatuhan diet pada responden diabetes melitus tipe II dan dapat dijadikan alternatif strategi edukatif dalam praktik keperawatan komunitas.

Kata Kunci: Diabetes melitus tipe II, kepatuhan diet, swabantu.

ABSTRACT

"THE EFFECT OF SELF-ASSISTANCE ON DIETARY COMPLIANCE IN TYPE II DIABETES MELLITUS PATIENTS AT OESAPA PUBLIC HEALTH CENTER"

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Background: Dietary adherence is essential in managing type II diabetes mellitus. Poor adherence increases the risk of complications. Swabantu (self-help group) is a group-based intervention that provides motivation and social support to improve patient compliance. **Research Objective:** To determine the effect of swabantu on dietary adherence among patients with type II diabetes mellitus at Oesapa Public Health Center. **Methods:** This study used a one-group pretest-posttest design with a quasi-experimental approach. A sample of 15 respondents with type II diabetes was selected using purposive sampling. The intervention was conducted in three swabantu sessions. Data were collected using the *Dietary Behavior Questionnaire (DBQ)* and analyzed using the Wilcoxon Signed Rank Test. **Research Results:** The results showed a significant increase in dietary adherence after the swabantu intervention ($p < 0.05$). **Conclusion:** Self-help is effective in increasing dietary compliance in respondents with type II diabetes mellitus and can be used as an alternative educational strategy in community nursing practice.

Keywords: Type II diabetes mellitus, dietary adherence, swabantu.