

ABSTRAK

Hubungan *Health Locus Of Control* Dengan Kepatuhan Diet Pada Penderita Diabetes Melitus Tipe II di Ruang Kamasan Rumah Sakit Umum Daerah Klungkung

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Penyakit DM membutuhkan manajemen diri yang baik, pasien lebih kesulitan dalam mematuhi diet karena mematuhi diet berarti mengubah gaya hidup sehingga mengakibatkan kadar gula darah yang tidak terkontrol. Faktor *health locus of control* menggambarkan keyakinan untuk mengendalikan kesehatan yang secara langsung mempengaruhi perilaku manajemen diri. Tujuan penelitian ini untuk mengetahui hubungan *health locus of control* dengan kepatuhan diet pada penderita diabetes melitus tipe II. Jenis penelitian *deskriptif korelasional* dengan rancangan *cross-sectional study*. Sampel pasien DM tipe 2 sebanyak 56 orang dipilih dengan *purposive sampling*, data dikumpulkan menggunakan kuesioner dan analisis menggunakan uji *Rank Spearman*. *Health locus of control* mayoritas responden di kategori tinggi sebanyak 22 orang (39,3%), kepatuhan diet mayoritas responden kategori patuh yaitu sebanyak 25 orang (57,8%). Hasil uji *Rank Spearman* didapatkan angka p value sebesar 0,000 menunjukkan ada ada hubungan *health locus of control* dengan kepatuhan diet pada penderita diabetes melitus tipe II, nilai *Coefisien corelation* 0,924 menunjukkan korelasi yang kuat dengan arah positif. *Health locus of control* yang tinggi menyebabkan pasien memiliki keyakinan bahwa dirinya mempunyai kontrol atas kesehatan dirinya, sehingga pasien tersebut bertanggung jawab terhadap kesehatannya dan mematuhi anjuran-anjuran untuk mematuhi diet.

Kata kunci : *Health Locus Of Control*, Kepatuhan Diet, Diabetes Melitus Tipe II

ABSTRACT

The Relationship Between Health Locus of Control and Dietary Compliance in Patients with Type II Diabetes Mellitus at the Kamasan Ward, Klungkung Regional General Hospital

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Diabetes mellitus requires good self-management. However, patients often face difficulties adhering to dietary recommendations, as doing so involves lifestyle changes, which can result in poor blood glucose control. The health locus of control reflects a person's belief in their ability to control their own health, which directly influences self-management behaviors. This study aimed to determine the relationship between health locus of control and dietary adherence among patients with type 2 diabetes mellitus. This was a descriptive correlational study using a cross-sectional design. A total of 56 type 2 diabetes patients were selected through purposive sampling. Data were collected using questionnaires and analyzed using the Spearman's Rank test. The majority of respondents had a high health locus of control, totaling 22 people (39.3%), while most respondents (25 people or 57.8%) demonstrated good dietary adherence. The Spearman's Rank test yielded a p-value of 0.000, indicating a significant relationship between health locus of control and dietary adherence among patients with type 2 diabetes mellitus. The correlation coefficient was 0.924, showing a strong positive correlation. A high health locus of control suggests that patients believe they have control over their own health. As a result, they feel responsible for maintaining their health and are more likely to follow dietary recommendations.

Keywords: *Health Locus of Control, Dietary Compliance, Type II Diabetes Mellitus*