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HUBUNGAN DIABETES SELF MANAGEMENT EDUCATION DENGAN STATUS GIZI PADA PENDERITA DIABETES MELLITUS TIPE 2
(Di RT 001-004 Desa Mideg Kecamatan Kedungadem Kabupaten Bojonegoro)

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ABSTRAK

Pendahuluan: Prevalensi Diabetes Mellitus akan terus meningkat jika tidak dilakukan intervensi yang efektif, beberapa faktor resiko yang menyebabkan salah satunya adalah kegemukan. Tujuan penelitian ini untuk menganalisis hubungan *Diabetes Self Management Education* dengan status gizi pada penderita diabetes mellitus tipe 2 di RT 001-004 Desa Mideg Kedungadem Bojonegoro. **Metode Penelitian:** Desain penelitian menggunakan korelasi cross sectional, dengan sampel yang diambil 20 responden penderita DM tipe 2 dan menggunakan teknik total sampling. Variabel independen adalah *Diabetes Self Management Education* dan variabel dependen adalah status gizi penderita DM tipe 2, pengumpulan data menggunakan editing, coding, scoring, tabulating, kuisioner dan lembar observasi dengan menggunakan uji analitik *spearman*. **Hasil penelitian:** Berdasarkan hasil penelitian menyatakan *Diabetes Self Management Education* hampir setengahnya kurang (45%) dan status gizi penderita DM tipe 2 setengahnya overweight (50%). Hasil uji korelasi *Spearman Rank* diketahui bahwa nilai koefisien korelasi adalah 0,460 dengan $p = 0,041 < 0,05$ yang artinya H_0 diterima. **Kesimpulan:** Kesimpulan dalam penelitian ini adalah ada hubungan *Diabetes self management education* dengan status gizi pada penderita DM tipe 2 di RT 001-004 Desa Mideg Kedungadem Bojonegoro. **Saran:** Diharapkan perawat kesehatan dapat melakukan edukasi tentang DSME kepada masyarakat terutama penderita DM tipe 2 pada saat posyandu lansia.

Kata kunci: *Self Management Education, Kegemukan, DM*

THE RELATIONSHIP BETWEEN DIABETES SELF MANAGEMENT EDUCATION AND NUTRITIONAL STATUS IN PEOPLE WITH DIABETES MELLITUS TYPE 2
(On RT 001-004 in the village of Mideg Kedungadem Bojonegoro)

ABSTRACT

Introduction: *Diabetes mellitus prevalence will continue to increase if no effective intervention is done, several risk factors that cause one of them is obesity. The purpose of this study was to analyze the relationship between Diabetes Self Management Education and nutritional status in patient with type 2 diabetes. Research Method:* The research design used cross sectional correlation, the sample was taken by 20 respondents and used a total sampling technique. The independent variable is *Diabetes Self Management Education* and the dependent variable is the nutritional status of people with diabetes type 2, data collection uses editing, coding, scoring, tabulating, questionnaires and observation sheets using the *Spearman analytic test*. **Result:** Based on the results of the study, half of the *Diabetes Self Management Education* was lacking (45%) and half of the nutritional status of type 2 DM patients was overweight (50%). The results of the *Spearman Rank correlation test* show that the correlation coefficient value is 0.460 with $p = 0.041 < 0.05$, which means H_0 is accepted. **Conclusion:** The conclusion in this study is that there is a relationship between diabetes self management education and nutritional status in people with type 2 diabetes mellitus in RT