



UNIVERSITAS ANDALAS

**HUBUNGAN POLA MAKAN, AKTIVITAS FISIK, DAN *SELF-EFFICACY*
DENGAN STATUS PENGENDALIAN KADAR GLUKOSA DARAH PADA
PASIEN DIABETES MELITUS TIPE 2 DI WILAYAH KERJA
PUSKESMAS BELIMBING TAHUN 2026**

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Diajukan Sebagai Pemenuhan Syarat untuk Mendapatkan

Gelar Sarjana Gizi

FAKULTAS KESEHATAN MASYARAKAT

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Skripsi, Agustus 2026

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xiv + 94 halaman, 18 tabel, 5 gambar, 15 lampiran

ABSTRAK

Tujuan Penelitian

Pengendalian kadar glukosa darah pada pasien diabetes melitus tipe 2 dipengaruhi oleh berbagai faktor, di antaranya pola makan, aktivitas fisik, dan *self-efficacy*. Penelitian ini bertujuan untuk mengetahui hubungan pola makan, aktivitas fisik, dan *self-efficacy* dengan status pengendalian kadar glukosa darah pada pasien diabetes melitus tipe 2 di wilayah kerja Puskesmas Belimbing Tahun 2026.

Metode

Penelitian ini menggunakan desain *cross-sectional* dengan 94 responden yang dipilih secara *consecutive sampling*. Data diperoleh melalui wawancara, kuesioner, dan pemeriksaan kadar glukosa darah puasa (GDP). Analisis dilakukan secara univariat dan bivariat menggunakan uji *Continuity Correction*.

Hasil

Hasil penelitian menunjukkan sebagian besar responden memiliki status pengendalian kadar glukosa darah tidak terkontrol (62,8%), pola makan tidak baik (75,5%), aktivitas fisik tidak baik (56,4%), dan *self-efficacy* baik (55,3%). Terdapat hubungan yang signifikan antara pola makan ($p\text{-value}=0,000$), aktivitas fisik ($p\text{-value}=0,000$), dan *self-efficacy* ($p\text{-value}=0,027$) dengan status pengendalian kadar glukosa darah.

Kesimpulan

Pola makan, aktivitas fisik, dan *self-efficacy* memiliki hubungan yang signifikan dengan status pengendalian kadar glukosa darah.

Daftar Pustaka : 110 (1997–2026)

Kata Kunci : diabetes melitus tipe 2, pola makan, aktivitas fisik, *self-efficacy*, kadar glukosa darah

**FACULTY OF PUBLIC HEALTH
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**THE ASSOCIATION OF DIETARY PATTERNS, PHYSICAL ACTIVITY, AND
SELF-EFFICACY WITH BLOOD GLUCOSE CONTROL STATUS AMONG
PATIENTS WITH TYPE 2 DIABETES MELLITUS IN THE WORKING AREA OF
BELIMBING PUBLIC HEALTH CENTER IN 2026**

xiv + 94 pages, 18 tables, 5 pictures, 15 appendices

ABSTRACT

Objective

Blood glucose control among patients with type 2 diabetes mellitus is influenced by various factors, including dietary patterns, physical activity, and self-efficacy. This study aimed to determine the association between dietary patterns, physical activity, and self-efficacy and blood glucose control status among patients with type 2 diabetes mellitus in the working area of Belimbing Public Health Center in 2026.

Method

This study used a cross-sectional design with 94 respondents selected through consecutive sampling. Data were obtained through interviews, questionnaires, and fasting blood glucose (FBG) measurements. Data were analyzed using univariate and bivariate analyses with the Continuity Correction test.

Result

The results showed that the majority of respondents had uncontrolled blood glucose status (62.8%), poor dietary patterns (75.5%), poor physical activity (56.4%), and good self-efficacy (55.3%). There were significant associations between dietary patterns (p -value=0.000), physical activity (p -value=0.000), and self-efficacy (p -value=0.027) and blood glucose control status.

Conclusion

Dietary patterns, physical activity, and self-efficacy were significantly associated with blood glucose control status.

Bibliography : 110 (1997–2026)

Keywords : type 2 diabetes mellitus, dietary patterns, physical activity, self-efficacy, blood glucose levels

