

**ABSTRAK****HUBUNGAN *RISK PERCEPTION*, *OUTCOME EXPECTANCIES*, *TASK SELF-EFFICACY* DAN INTENSI DENGAN KEPATUHAN DIET PENDERITA DM TIPE 2 DI PUSKESMAS SURABAYA**Penelitian *Cross Sectional*

Oleh : Nikmatul Fauziah

**Latar Belakang :** Kepatuhan pasien DM di Indonesia terhadap diet masih relatif rendah. Ketidakpatuhan diet dapat memperburuk kondisi pasien, menimbulkan komplikasi dan, menurunkan kualitas hidup. Faktor yang berpengaruh terhadap kepatuhan diet adalah motivasi, *self efficacy*, pengetahuan, niat, dan dukungan keluarga. Penelitian ini bertujuan untuk menganalisis hubungan *risk perception*, *outcome expectancies*, *task self-efficacy*, dan intensi dengan kepatuhan diet pada penderita Diabetes mellitus tipe 2 **Metode:** Penelitian menggunakan pendekatan *cross sectional*. Sampel penelitian dikumpulkan dengan metode *cluster sampling* dan didapatkan 150 responden dari 5 puskesmas di Surabaya. Pengumpulan data menggunakan kuesioner. Variabel *independen* dalam penelitian yaitu *risk perception*, *outcome expectancies*, *task self-efficacy*, dan intensi sedangkan variabel dependen yaitu kepatuhan diet DM. Data dianalisis menggunakan analisis statistik *spearman rho* ( $\alpha \leq 0,05$ ). **Hasil:** terdapat hubungan yang signifikan antara *risk perception* ( $p=0,000$ ), *outcome expectancies* ( $p=0,000$ ), *task self-efficacy* ( $p=0,000$ ), dan intensi ( $p=0,000$ ) dengan kepatuhan diet pada penderita DM tipe 2. **Diskusi:** *Risk perception*, *outcome expectancies*, *task self-efficacy*, dan intensi berhubungan signifikan terhadap kepatuhan diet DM. Oleh karena itu perlu adanya peningkatan faktor *risk perception*, *outcome expectancies*, *task self-efficacy*, dan intensi, melalui kegiatan konseling yang berfokus pada ke empat faktor diatas, sehingga perilaku kontrol glikemik dengan diet DM dapat meningkat menjadi lebih baik.

**Kata kunci:** *Risk perception*, *outcome expectancies*, *task self-efficacy*, intensi, kepatuhan diet DM

**ABSTRACT**

**THE CORRELATION BETWEEN RISK PERCEPTION, OUTCOME EXPECTANCIES, TASK SELF-EFFICACY, AND INTENTION WITH DIETARY ADHERENCE OF DM TYPE 2 IN PUSKESMAS SURABAYA**

Cross Sectional Study

By : Nikmatul Fauziah

**Background:** Adherence of diet DM patients in Indonesia still relatively low. Diet noncompliance worsen the patient's condition, cause complications and, reduce quality of life. Factors that influence diet compliance are motivation, self efficacy, knowledge, intention, and family support. This study aims to analyze the relationship between risk perception, outcome expectancies, task self-efficacy, and intention with diet adherence in patients with type 2 diabetes meliitus, **Method:** The study used cross sectional approach. The research sample was collected by cluster sampling method and obtained 150 respondents from 5 puskesmas in Surabaya. Data collection using questionnaire. The independent variables are risk perception, outcome expectancies, task self-efficacy, and intention while the dependent variable is DM diet compliance. Data were analyzed using spearman rho statistical analysis ( $\alpha \leq 0.05$ ). **Results:** There is significant relationship between risk perception ( $p = 0,000$ ), outcome expectancies ( $p = 0,000$ ), task self-efficacy ( $p = 0,000$ ), and intention ( $p = 0,000$ ) with diet compliance in patients with type 2 DM. **Discussion:** Risk perception, outcome expectancies, task self-efficacy, and intention were significantly related to DM diet adherence. Therefore it is necessary to increase risk perception factors, outcome expectancies, task self-efficacy, and intention, through counseling activities that focus on the four factors, so glycemic control behavior with DM diet can increase for the better.

**Keywords:** Risk perception, outcome expectancies, task self-efficacy, intention, adherence to the DM diet