

## SUMMARY

### **Effect of Education Intervention based on Self Regulated Learning in Dietary Management on Quality of Life of Type 2 Diabetes (Studies in Rumkital Dr. Ramelan Surabaya)**

According to American Diabetes Association(ADA, 2010), Diabetes Mellitus is a group of metabolic defects with hyperglykemia characteristic caused by insulin secretion dysfunction, insulin work , or both. Condition of chronic hyperglykemia in diabetes sufferers in a long term will cause defect and dysfunction to many organs in their bodies, especially to eyes, liver, nerve, heart, and blood vessel (Soegondo, 2013). That is why treatment of diabetes mellitus must be comprehensive to minimize negative effect of diabetes melitus.

According to Perkeni (2011), the most important thing to manage diabetes mellitus is the four pillars of diabetes management, which consist of education, diet management, exercise, and medical discipline. Dietary management of diabetes sufferers must consider aspects of meal time, kinds of meal, and amount of meal or it is known as 3J ( proper kinds of meal, proper amount of meal, and proper time of meal). These are very important in management of blood glucose level.

To improve discipline of diabetes sufferers, especially in dietary management, Rumkital Dr. Ramelan has conducted education program done intensively in order that diabetes sufferers get information about proper kinds of meal, proper amount of meal, and proper time of meal that matches diabetes diet principles. But in fact, there are still many diabetes sufferers who don't manage the diet properly in spite of the given education program.

Discipline of diabetes sufferers in their diet management will not happen without change in positive behavior. The main factor in behavior change lies in the internal factor of diabetes sufferers, that is self motivation which can only appear if diabetes sufferers have self regulated learning in their diet management. Schunk and Zimmerman (1988) states that an individu with self regulated learning in metacognition, motivation, and behavior will participate actively in learning process. Naturally, an individu has self-management in learning to get knowledge and skill which he desires without counting on other people. By having self regulation learning, diabetes sufferers are expected to be able to manage diabetes themselves, including in the aspect of compliance diet. Compliance diet of diabetes sufferers will affect on change of Quality of Life of diabetes sufferers.

This study was a kind of experimental study in the form of pretest-postest with control group design. The aim of this study was to analyze effect of education intervention based on Self Regulated Learning in dietary management on Quality of

Life of type 2 diabetes sufferers who were being hospitalized in Rumkital Dr. Ramelan. The selection of respondents in this study was random sampling and the selection of respondent group was random. The number of respondents was 10 persons in each group. In this study, the intervention group got nutrition consultation followed by intensive monitoring using Self Regulated Learning approach; while the control group only got nutrition consultation given in Rumkital Dr. Ramelan without follow-up of monitoring using Self Regulated Learning approach. Result of this study showed that the intervention group who got diet education based on Self Regulated learning had better discipline level than the control group. Compliance diet level will affect to Quality of Life of diabetes sufferers and it was shown that there was significant effect of compliance diet on Quality of Life

Conclusion of this study showed that education intervention based on Self Regulated Learning in dietary management will improve compliance diet of diabetes sufferers which affects to improvement in Quality of Life

