

**ABSTRACT****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)**

Self Regulated Learning is a concept of how an individu learns to be a regulator or self-regulated person (Zimmerman, 1988). With Self Regulation Learning ability, diabetes sufferers are expected to be able to manage diabetes by themselves including to manage the aspect of diet compliance. Diet compliance of diabetes sufferers will affect change of Quality of Life of diabetes sufferers. The aim of this study was to analyze the effect of Education Intervention based on Self Regulated Learning in Dietary Management on Quality of Life of type 2 diabetes sufferers in Rumkital Dr. Ramelan Surabaya. This study was a kind of experimental study in the form of pretest-posttest with control group design. The number of respondents was 10 persons in each group. It took four weeks to cover the study starting from the time when respondents were selected as the study sample. In this study, the intervention group got diet education with Self Regulated Learning approach; while the control group only got standard nutrition consultation. The finding of this study showed there was significant effect of compliance diet on Quality of Life ( $p = 0,046$ ). Recommendations from this study was Self-regulated learning is very useful for type 2 diabetes so the Diabetes Mellitus educator should know the stages that must be passed to raise the ability of self-regulated learning of type 2 diabetes. This meant that type 2 diabetes can implement education-based diet self-regulated learning to improve quality of life.

Keywords: Self Regulated Learning, Compliance Diet, Quality of Life