

## ABSTRACT

Diabetes Mellitus is a disease due to the quantitative as well as qualitative failure of insulin action as indicated by blood glucose level of more than 126 mg/dl fasting and more than 200 mg/dl 2 hours after meal.

Diabetic patients visiting Mardi Waluyo Hospital, Blitar, generally had problems on diet management and those related to their visit to the doctor. Therapeutic communication is a message or advise delivery process to support healing process of the patients. It is expected that by the implementation of therapeutic communication, patients may be able to understand what they have to do and to keep them aware of their disease. The objective of this study was to indentify the influence of therapeutic communication on diet and visiting the doctor, which was including knowledge, attitude, and self-efficacy that shoud be developed.

The study was an experimental study. Population was diabetic patients visiting Internal Medicine outpatients Clinic with inclusion criteria as follows: male or female type II diabetic patients, age of 45- 65 years old, literate, and reside in Blitar City or Distric, and willing to participate in this study. Samples were 50 individuals, divided into treatment and control group, each consisted of 25 individuals . Data were taken using questionnaire on knowledge, attitude, and self-efficacy on diet and visiting the doctor. Therapeutic communication intervention was given to treatment group, and a speech was given to control group.

Data were analyzed using computer. Homogeneity test was done to the samples, followed by pre and passted using paired t test, and to find the difference between treatment and control group, independent t test was used with significance level of 0.05.

Analysis of results in treatment group showed that knowledge , attitude, and self-efficacy had significance levels of 0.000 each, indicating difference of knowledge, attitude, and self-efficacy before and after therapeutic communication. In post-testanalysis between treatment and control group using independent t test, it was found that the significance levels of knowledge, attitude, and self- efficacy were respectively 0.00, 0.001, and 0.02 , showing the defference of knowledge,attitude, and sel-efficacy between treatment and control group.

In conclusion, therapeutic communication may increase knowledge, attitude, and self-efficacy on diet and visiting the doctor. The author recommends that periodical therapeutic communication should be maintained, so that diabetic patients may be able to steadily maintain their diet and visit to the doctor.

**Key Words :** Therapeutic communication, Knowledge, attitude, self efficacy, Diabetes Mellitus