

ABSTRACT**THE EFFECT OF THEORY OF REASONED ACTION IMPLEMENTATION TO INCREASE DIETARY AND PHYSICAL ACTIVITY ADHERENCE ON CLIENT DM TYPE 2 IN AZZARA ROOM RSI JEMURSARI SURABAYA**

Quasy-Experiment (*pre-posttest control group design*) in Azzara Room Rsi Jemursari Surabaya

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Client with type 2 of diabetes are unsuccessful to follow the recommended diet due to lack of motivation, memory and intention of DM patients to adhere proper diet of DM (Arsana et al, 2011). Adherence to complex behaviors, such as regular physical activity, is difficult. Being physically active requires a combination of difficult tasks such as substantial expenditure of effort, and continued perseverance (McAuley & Blissmer, 2011). This study attempts to increase the motivation to improve intention of dietary adherence through the implementation of Theory Of Reasoned Action. The purpose of this study was to analyze the effect of Theory Of Reasoned Action to dietary and physical activity adherence in Diabetes type 2.

This study was using a Quasy-Experiment. The population were patients with type 2 diabetes mellitus in azzara room rsi jemursari surabaya in Nopember is 23 respondents. Respondents in this study was 20 respondents with purposive sampling technique. The independent variable was the implementation of Theory Of Reasoned Action. The dependent variable were dietary, physical activity adherence and blood sugar levels. The instruments in this study were questionnaires and blood sugar monitoring devices. Data were analyzed using statistical tests Wilcoxon Sign Rank Test and Mann Witney U test with significance $\alpha \leq 0.05$.

The results of statistical test using Wilcoxon Sign Rank Test showed that the implementation of Theory Of Reasoned Action has an effect on dietary adherence in the treatment group ($p=0.011$), physical activity adherence ($p=0.003$), blood sugar levels ($p=0.004$). Statistical test Mann Witney U test showed that there was an increase dietary adherence ($p=0.000$), physical activity adherence ($p=0.000$), blood sugar levels ($p=0.001$).

The implementation of Theory Of Reasoned Action can improve dietary adherence and physical activity adherence in type 2 of diabetes mellitus. Future studies are expected to use more respondents and examine the whole variables contained in the Theory Of Reasoned Action.

Keywords: Theory Of Reasoned Action, Physical Activity, Dietary Adherence, Blood Glucose, Diabetes mellitus (DM)