

# OVERVIEW OF THE LEVEL OF COMPLIANCE OF DIABETES MELLITUS PATIENTS IN CONTROLLING BLOOD SUGAR LEVELS AT THE MANYARAN HEALTH CENTER

Navaline Aulia Hexendri, Sri Hartutik

[navalineauliahexendri@gmail.com](mailto:navalineauliahexendri@gmail.com)

University of 'Aisyiyah Surakarta

## ABSTRACT

**Background:** Non-compliance can be influenced by several factors that cause disobedience. One of the efforts made to reduce the number of complications of Diabetes Mellitus is by using the four pillars of Diabetes Mellitus. **such as** : meal planning, physical exercise, medication or pharmacology, and education. **Objective:** To find out the description of the level of adherence of Diabetes Mellitus patients at the Manyaran Health Center. **Method:** Quantitative descriptive, population of 1163 respondents with a sample size of 92 respondents and using a purposive sampling technique. **Results:** The results of the research showed that the characteristics of respondents based on the majority age  $\geq 40$  years as much as (72.7%), the majority gender was female as much as (54.3%), the majority education was elementary school as much as (55.4%), the majority occupation was as farmer laborers as much as (63.0%), the duration of suffering in the majority was  $< 5$  years as much as (71.7%), the duration of treatment was  $< 2$  years as much as (69.6%), the majority type of diabetes was Diabetes Mellitus type 2 as much as (92.4%) and in the obedient category were 35 respondents (38.0%).

Keywords: *Diabetes Mellitus, Blood Sugar Levels, Compliance Level*