

**THE RELATIONSHIP BETWEEN DIETARY COMPLIANCE AND
QUALITY OF LIFE OF DIABETES MELLITUS PATIENTS IN THE
PUCANG SAWIT PUBLIC HEALTH CENTER AREA IN SURAKARTA CITY**

Hanifah Sekarwati¹, Zulfa Mahdiatur Rasyida²

Sekarwathhanifah1@gmail.com

¹Aisyiyah University of Surakarta

ABSTRACT

Background: *Diabetes Mellitus is a chronic disease characterized by elevated blood sugar levels due to insulin resistance or inadequate insulin production. Dietary compliance is a positive behavioral change, and it is highly recommended that patients with diabetes mellitus adhere to the recommended diet. Quality of life in patients with diabetes mellitus is an indicator for determining dietary compliance categories.* **Objective:** *To determine the relationship between dietary compliance and quality of life of patients with diabetes mellitus in the Pucang Sawit Community Health Center area in Surakarta City.* **Method:** *This study used a correlational approach using a cross-sectional approach. The sampling method used purposive sampling.* **Results:** *The results of this study indicate that the majority of patients were compliant with diet (53.1%) and that the quality of life was good (57.1%). The results of statistical analysis using rank summation obtained a p-value of 0.493.* **Conclusion:** *This study indicates a relationship between diet compliance and quality of life.*

Keywords: *Diabetes Mellitus, Diet Compliance, Quality of Life*