

## DAFTAR PUSTAKA

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## **LAMPIRAN**

### **Lampiran 1 Lembaran persetujuan Responden**

#### **LEMBARAN PERSETUJUAN RESPONDEN**

Saya yang bertanda tangan dibawah ini,mahasiswa politeknik Kesehatan  
Kemenkes Medan Jurusan Farmasi:

Nama : Erika Dwi Putri

NIM : P07539022217

Jurusan : DIII Farmasi

Bermaksud mengadakan penelitian ini dengan judul:Hubungan antara pola makan dengan kadar gula darah pada pasien diabetes mellitus dipuskesmas kalangan kabupaten tapanuli tengah.

Informasi yang diberikan akan saya jaga kerahasiaannya.anda juga mempunyai hak bertanya dengan bebas tentang penelitian ini.

Apabila Bapak/Ibu/Saudara/Saudari sebagai responden,saya ucapkan terimakasih.

Pandan, 2026

Responden,

Peneliti,

(.....)

**(Erika Dwi Putri)**

## Lampiran 2 kuesioner penelitian

### **HUBUNGAN ANTARA POLA MAKAN DENGAN KADAR GULA DARAH PADA PASIEN DIABETES MELLITUS DIPUSKESMAS KALANGAN KABUPATEN TAPANULI TENGAH**

Kata Pengantar:

Dengan hormat nama saya” Erika Dwi Putri”,mahasiswi semester akhir Poltekkes Kemenkes Medan Jurusan Farmasi.saat ini saya sedang melakukan penelitian tentang”Hubungan antara pola makan dengan kadar gula darah pada pasien diabetes mellitus dipuskesmas kalangan kabupaten tapanuli Tengah".Oleh sebab itu saya mengharapkan Ibu/Bapak/Saudara/Saudari agar bersedia mengisi/menjawab daftar pertanyaan berikut ini dengan jujur dan terbuka. Atas bantuannya,saya ucapkan terimakasih.

#### 1. Identitas Responden

Nomor :

Nama responden :

Jenis Kelamin : ☐Laki-laki ☐Perempuan

Pendidikan Terakhir : ☐SD ☐SMP ☐SMA ☐Perguruan Tinggi

Pekerjaan : ☐Tidak bekerja ☐Petani ☐Pegawai ☐Wiraswasta

☐Lainnya

**Petunjuk:** Beri tanda centang (✓) pada jawaban yang sesuai dengan yang dialami oleh Bapak/Ibu/Saudara/Saudari sekalian.

| No | Pertanyaan                                                                                                     | Sering | Kadang<br>-<br>kadang | Tidak<br>Pernah |
|----|----------------------------------------------------------------------------------------------------------------|--------|-----------------------|-----------------|
| 1  | Apakah anda sering minum minuman yang mengandung banyak gula.                                                  |        |                       |                 |
| 2  | Apakah anda mengkonsumsi nasi putih dalam porsi besar.                                                         |        |                       |                 |
| 3  | Apakah anda setiap hari mengkonsumsi sayuran atau buah buahan.                                                 |        |                       |                 |
| 4  | Apakah anda dan keluarga anda mengalami penyakit diabetes karena faktor keturunan.                             |        |                       |                 |
| 5  | Apakah anda mengkonsumsi makanan cepat saji seperti snack, indomie, ataupun gorengan.                          |        |                       |                 |
| 6  | Apakah anda sering secara rutin mengontrol kadar gula darah anda dipuskesmas atau pelayanan kesehatan lainnya. |        |                       |                 |
| 7  | Apakah anda mengkonsumsi nasi putih lebih dari 3kali sehari.                                                   |        |                       |                 |
| 8  | Apakah anda sering melakukan aktivasi seperti berolahraga di pagi atau disore hari.                            |        |                       |                 |
| 9  | Apakah Anda lebih memilih makanan yang dikukus, direbus, atau dipanggang daripada makanan yang digoreng.       |        |                       |                 |
| 10 | Apakah anda setiap makan menggunakan lauk seperti ikan,telur, tahu dan tempe.                                  |        |                       |                 |

### Lampiran 3 Master Data Penelitian Karakteristik Responden

| ID | JK Code | Umur Tahun | Umur Code | Pendidikan Code | Pekerjaan Code | KGD mg_dL | KGD Code |
|----|---------|------------|-----------|-----------------|----------------|-----------|----------|
| 1  | 1       | 51         | 2         | 1               | 3              | 285       | 2        |
| 2  | 1       | 56         | 2         | 1               | 1              | 334       | 2        |
| 3  | 1       | 60         | 2         | 2               | 3              | 285       | 2        |
| 4  | 1       | 51         | 2         | 3               | 1              | 344       | 2        |
| 5  | 2       | 62         | 3         | 2               | 3              | 208       | 2        |
| 6  | 1       | 70         | 3         | 2               | 1              | 252       | 2        |
| 7  | 1       | 47         | 2         | 3               | 1              | 276       | 2        |
| 8  | 1       | 61         | 3         | 1               | 1              | 204       | 2        |
| 9  | 1       | 45         | 1         | 1               | 2              | 252       | 2        |
| 10 | 1       | 48         | 2         | 1               | 2              | 165       | 1        |
| 11 | 1       | 26         | 0         | 3               | 3              | 246       | 2        |
| 12 | 1       | 41         | 1         | 2               | 3              | 248       | 2        |
| 13 | 1       | 45         | 1         | 4               | 2              | 327       | 2        |
| 14 | 1       | 53         | 2         | 1               | 1              | 228       | 2        |
| 15 | 1       | 57         | 2         | 2               | 3              | 250       | 2        |
| 16 | 1       | 51         | 2         | 3               | 2              | 301       | 2        |
| 17 | 2       | 53         | 2         | 2               | 3              | 257       | 2        |
| 18 | 2       | 48         | 2         | 4               | 2              | 499       | 2        |
| 19 | 1       | 50         | 2         | 1               | 3              | 182       | 1        |
| 20 | 1       | 35         | 1         | 2               | 1              | 283       | 2        |
| 21 | 1       | 52         | 2         | 1               | 1              | 406       | 2        |
| 22 | 1       | 63         | 3         | 1               | 1              | 250       | 2        |
| 23 | 1       | 50         | 2         | 1               | 1              | 285       | 2        |
| 24 | 2       | 65         | 3         | 1               | 2              | 163       | 1        |
| 25 | 1       | 50         | 2         | 3               | 3              | 250       | 2        |
| 26 | 1       | 52         | 2         | 3               | 2              | 274       | 2        |
| 27 | 1       | 44         | 1         | 2               | 1              | 208       | 2        |
| 28 | 1       | 72         | 3         | 3               | 3              | 250       | 2        |
| 29 | 1       | 54         | 2         | 2               | 2              | 213       | 2        |
| 30 | 1       | 58         | 2         | 3               | 2              | 175       | 1        |
| 31 | 1       | 63         | 3         | 1               | 1              | 162       | 1        |
| 32 | 1       | 69         | 3         | 1               | 1              | 308       | 2        |
| 33 | 2       | 60         | 2         | 2               | 3              | 206       | 2        |
| 34 | 1       | 56         | 2         | 4               | 2              | 210       | 2        |
| 35 | 2       | 51         | 2         | 1               | 3              | 255       | 2        |
| 36 | 2       | 68         | 3         | 3               | 2              | 140       | 1        |
| 37 | 1       | 58         | 2         | 1               | 1              | 225       | 2        |
| 38 | 2       | 64         | 3         | 3               | 2              | 230       | 2        |
| 39 | 1       | 63         | 3         | 1               | 1              | 276       | 2        |
| 40 | 1       | 46         | 2         | 1               | 1              | 250       | 2        |
| 41 | 1       | 57         | 2         | 1               | 1              | 234       | 2        |
| 42 | 1       | 37         | 1         | 1               | 3              | 190       | 1        |
| 43 | 1       | 54         | 2         | 3               | 1              | 295       | 2        |
| 44 | 1       | 50         | 2         | 3               | 1              | 182       | 1        |
| 45 | 1       | 57         | 2         | 4               | 2              | 178       | 1        |
| 46 | 1       | 49         | 2         | 2               | 3              | 236       | 2        |
| 47 | 1       | 44         | 1         | 3               | 1              | 204       | 2        |
| 48 | 1       | 57         | 2         | 3               | 2              | 190       | 1        |
| 49 | 2       | 51         | 2         | 1               | 3              | 267       | 2        |
| 50 | 1       | 48         | 2         | 2               | 1              | 234       | 2        |
| 51 | 1       | 42         | 1         | 2               | 3              | 162       | 1        |
| 52 | 1       | 39         | 1         | 4               | 3              | 265       | 2        |
| 53 | 1       | 32         | 1         | 2               | 1              | 190       | 1        |
| 54 | 1       | 49         | 2         | 3               | 3              | 276       | 2        |
| 55 | 1       | 63         | 3         | 2               | 1              | 208       | 2        |
| 56 | 1       | 58         | 2         | 1               | 2              | 201       | 2        |
| 57 | 1       | 60         | 2         | 3               | 1              | 261       | 2        |
| 58 | 1       | 38         | 1         | 3               | 2              | 359       | 2        |
| 59 | 1       | 36         | 1         | 3               | 3              | 276       | 2        |
| 60 | 1       | 65         | 3         | 3               | 1              | 283       | 2        |
| 61 | 1       | 54         | 2         | 1               | 2              | 106       | 1        |
| 62 | 1       | 47         | 2         | 2               | 1              | 243       | 2        |
| 63 | 2       | 58         | 2         | 2               | 1              | 217       | 2        |
| 64 | 1       | 57         | 2         | 2               | 1              | 332       | 2        |
| 65 | 1       | 59         | 2         | 3               | 1              | 253       | 2        |
| 66 | 1       | 58         | 2         | 2               | 1              | 171       | 1        |

|    |   |    |   |   |   |     |   |
|----|---|----|---|---|---|-----|---|
| 67 | 1 | 58 | 2 | 1 | 1 | 148 | 1 |
| 68 | 1 | 60 | 2 | 2 | 1 | 284 | 2 |
| 69 | 1 | 50 | 2 | 2 | 2 | 403 | 2 |
| 70 | 1 | 46 | 2 | 2 | 3 | 341 | 2 |
| 71 | 1 | 51 | 2 | 3 | 2 | 270 | 2 |
| 72 | 1 | 53 | 2 | 1 | 1 | 305 | 2 |
| 73 | 1 | 64 | 3 | 1 | 1 | 465 | 2 |
| 74 | 1 | 60 | 2 | 1 | 3 | 264 | 2 |
| 75 | 1 | 46 | 2 | 3 | 1 | 204 | 2 |
| 76 | 1 | 41 | 1 | 3 | 3 | 287 | 2 |
| 77 | 2 | 54 | 2 | 3 | 1 | 269 | 2 |
| 78 | 1 | 52 | 2 | 1 | 3 | 242 | 2 |
| 79 | 2 | 44 | 1 | 3 | 3 | 280 | 2 |
| 80 | 2 | 54 | 2 | 1 | 1 | 234 | 2 |

### Lampiran 4 Master Data Kuisioner Responden

| P1 | P2 | P3 | P4 | P5 | P6 | P7 | P8 | P9 | P10 | P1_Skor | P2_Skor | P3_Skor | P4_Skor | P5_Skor | P6_Skor | P7_Skor | P8_Skor | P9_Skor | P10_Skor | Total_Pola_Makan | Persen_Pola_Makan | Kategori_Pola_Code |
|----|----|----|----|----|----|----|----|----|-----|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|------------------|-------------------|--------------------|
| 1  | 1  | 3  | 1  | 1  | 3  | 1  | 3  | 3  | 3   | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1        | 10               | 33.33             | 1                  |
| 1  | 2  | 1  | 2  | 2  | 2  | 1  | 2  | 1  | 3   | 1       | 2       | 3       | 2       | 2       | 2       | 1       | 2       | 3       | 1        | 19               | 62.96             | 2                  |
| 2  | 2  | 2  | 1  | 2  | 3  | 2  | 2  | 2  | 1   | 2       | 2       | 2       | 1       | 2       | 1       | 2       | 2       | 2       | 3        | 19               | 66.67             | 2                  |
| 1  | 1  | 3  | 1  | 1  | 3  | 1  | 3  | 3  | 3   | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1        | 10               | 33.33             | 1                  |
| 1  | 2  | 2  | 3  | 3  | 3  | 3  | 2  | 1  | 2   | 1       | 2       | 2       | 3       | 3       | 1       | 3       | 2       | 3       | 2        | 22               | 70.37             | 2                  |
| 1  | 3  | 1  | 3  | 3  | 2  | 2  | 1  | 1  | 1   | 1       | 3       | 3       | 3       | 3       | 2       | 2       | 3       | 3       | 3        | 26               | 85.19             | 3                  |
| 1  | 1  | 3  | 1  | 1  | 3  | 1  | 3  | 3  | 3   | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1        | 10               | 33.33             | 1                  |
| 3  | 2  | 1  | 2  | 2  | 2  | 2  | 2  | 1  | 2   | 3       | 2       | 3       | 2       | 2       | 2       | 2       | 2       | 3       | 2        | 23               | 77.78             | 3                  |
| 3  | 2  | 1  | 3  | 2  | 1  | 3  | 1  | 2  | 2   | 3       | 2       | 3       | 3       | 2       | 3       | 3       | 3       | 2       | 2        | 26               | 85.19             | 3                  |
| 3  | 3  | 1  | 2  | 2  | 2  | 2  | 2  | 2  | 1   | 3       | 3       | 3       | 2       | 2       | 2       | 2       | 2       | 2       | 3        | 24               | 81.48             | 3                  |
| 2  | 3  | 2  | 2  | 1  | 1  | 1  | 1  | 3  | 3   | 2       | 3       | 2       | 2       | 1       | 3       | 1       | 3       | 1       | 1        | 19               | 62.96             | 2                  |
| 3  | 3  | 3  | 1  | 2  | 2  | 1  | 1  | 1  | 2   | 3       | 3       | 1       | 1       | 2       | 2       | 1       | 3       | 3       | 2        | 21               | 74.07             | 2                  |
| 2  | 2  | 2  | 1  | 3  | 2  | 2  | 2  | 3  | 2   | 2       | 2       | 2       | 1       | 3       | 2       | 2       | 2       | 1       | 2        | 19               | 66.67             | 2                  |
| 2  | 2  | 3  | 1  | 3  | 2  | 2  | 3  | 2  | 1   | 2       | 2       | 1       | 1       | 3       | 2       | 2       | 1       | 2       | 3        | 19               | 66.67             | 2                  |
| 2  | 1  | 3  | 2  | 2  | 2  | 1  | 2  | 2  | 3   | 2       | 1       | 1       | 2       | 2       | 2       | 1       | 2       | 2       | 1        | 16               | 51.85             | 1                  |
| 2  | 1  | 2  | 3  | 1  | 3  | 1  | 3  | 3  | 3   | 2       | 1       | 2       | 3       | 1       | 1       | 1       | 1       | 1       | 1        | 14               | 40.74             | 1                  |
| 3  | 3  | 1  | 3  | 3  | 1  | 3  | 1  | 1  | 1   | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3        | 30               | 100.00            | 3                  |
| 2  | 1  | 3  | 1  | 1  | 2  | 1  | 3  | 3  | 3   | 2       | 1       | 1       | 1       | 1       | 2       | 1       | 1       | 1       | 1        | 12               | 40.74             | 1                  |
| 3  | 3  | 2  | 3  | 3  | 1  | 3  | 2  | 2  | 1   | 3       | 3       | 2       | 3       | 3       | 3       | 3       | 2       | 2       | 3        | 27               | 88.89             | 3                  |
| 1  | 1  | 1  | 3  | 2  | 1  | 3  | 2  | 1  | 1   | 1       | 1       | 3       | 3       | 2       | 2       | 1       | 3       | 2       | 3        | 21               | 66.67             | 2                  |
| 1  | 1  | 3  | 2  | 1  | 3  | 1  | 3  | 3  | 3   | 1       | 1       | 1       | 2       | 1       | 1       | 1       | 1       | 1       | 1        | 11               | 33.33             | 1                  |
| 3  | 3  | 2  | 3  | 2  | 2  | 3  | 1  | 1  | 3   | 3       | 2       | 3       | 2       | 2       | 3       | 3       | 3       | 3       | 1        | 25               | 81.48             | 3                  |
| 2  | 1  | 2  | 1  | 1  | 3  | 2  | 2  | 3  | 3   | 2       | 1       | 2       | 1       | 1       | 1       | 2       | 2       | 1       | 1        | 14               | 48.15             | 1                  |
| 3  | 3  | 1  | 3  | 3  | 1  | 2  | 1  | 1  | 1   | 3       | 3       | 3       | 3       | 3       | 3       | 2       | 3       | 3       | 3        | 29               | 96.30             | 3                  |
| 1  | 2  | 3  | 1  | 2  | 3  | 2  | 3  | 3  | 2   | 1       | 2       | 1       | 1       | 2       | 1       | 2       | 1       | 1       | 2        | 14               | 48.15             | 1                  |
| 1  | 2  | 3  | 1  | 1  | 3  | 1  | 2  | 3  | 3   | 1       | 2       | 1       | 1       | 1       | 1       | 1       | 2       | 1       | 1        | 12               | 40.74             | 1                  |
| 2  | 3  | 1  | 3  | 3  | 1  | 3  | 1  | 1  | 1   | 2       | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3        | 29               | 96.30             | 3                  |
| 1  | 1  | 3  | 2  | 1  | 2  | 1  | 1  | 2  | 1   | 1       | 1       | 1       | 2       | 1       | 2       | 1       | 3       | 2       | 3        | 17               | 55.56             | 2                  |
| 2  | 3  | 2  | 3  | 2  | 2  | 3  | 3  | 1  | 2   | 2       | 3       | 2       | 3       | 2       | 2       | 3       | 1       | 3       | 2        | 23               | 74.07             | 3                  |
| 3  | 2  | 2  | 2  | 1  | 2  | 2  | 2  | 2  | 2   | 3       | 2       | 2       | 2       | 1       | 2       | 2       | 2       | 2       | 2        | 20               | 66.67             | 2                  |
| 2  | 3  | 2  | 2  | 3  | 1  | 3  | 1  | 1  | 1   | 2       | 3       | 2       | 2       | 3       | 3       | 3       | 3       | 3       | 3        | 27               | 92.59             | 3                  |
| 1  | 1  | 3  | 1  | 1  | 3  | 1  | 3  | 3  | 3   | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1        | 10               | 33.33             | 1                  |
| 1  | 1  | 3  | 1  | 1  | 2  | 1  | 3  | 3  | 2   | 1       | 1       | 1       | 1       | 1       | 2       | 1       | 1       | 1       | 2        | 12               | 40.74             | 1                  |
| 2  | 2  | 2  | 2  | 2  | 3  | 2  | 2  | 1  | 1   | 2       | 2       | 2       | 2       | 2       | 1       | 2       | 2       | 3       | 3        | 21               | 70.37             | 2                  |
| 2  | 3  | 2  | 3  | 2  | 2  | 3  | 2  | 2  | 1   | 2       | 3       | 2       | 3       | 2       | 2       | 2       | 3       | 2       | 3        | 24               | 77.78             | 3                  |
| 2  | 3  | 1  | 2  | 3  | 2  | 2  | 1  | 1  | 2   | 2       | 3       | 3       | 2       | 3       | 2       | 2       | 3       | 3       | 2        | 25               | 85.19             | 3                  |
| 3  | 2  | 3  | 1  | 1  | 1  | 2  | 1  | 3  | 2   | 3       | 2       | 1       | 1       | 1       | 3       | 2       | 3       | 1       | 2        | 19               | 66.67             | 2                  |
| 1  | 3  | 2  | 2  | 2  | 2  | 3  | 1  | 2  | 2   | 1       | 3       | 2       | 2       | 2       | 2       | 3       | 3       | 2       | 2        | 22               | 74.07             | 2                  |
| 2  | 1  | 2  | 2  | 2  | 3  | 2  | 3  | 2  | 3   | 2       | 1       | 2       | 2       | 2       | 1       | 2       | 1       | 2       | 1        | 16               | 51.85             | 1                  |
| 1  | 3  | 2  | 3  | 2  | 1  | 2  | 3  | 1  | 2   | 1       | 3       | 2       | 3       | 2       | 3       | 2       | 1       | 3       | 2        | 22               | 70.37             | 2                  |
| 2  | 3  | 3  | 3  | 1  | 2  | 2  | 2  | 1  | 2   | 2       | 3       | 1       | 3       | 1       | 2       | 2       | 2       | 3       | 2        | 21               | 66.67             | 2                  |
| 2  | 1  | 2  | 1  | 1  | 2  | 1  | 3  | 2  | 2   | 2       | 1       | 2       | 1       | 2       | 1       | 1       | 1       | 2       | 2        | 15               | 51.85             | 1                  |
| 1  | 1  | 3  | 2  | 2  | 3  | 1  | 2  | 2  | 2   | 1       | 1       | 1       | 2       | 2       | 1       | 1       | 2       | 2       | 2        | 15               | 48.15             | 1                  |
| 2  | 3  | 1  | 3  | 3  | 1  | 2  | 1  | 1  | 1   | 2       | 3       | 3       | 3       | 3       | 3       | 2       | 3       | 3       | 3        | 28               | 92.59             | 3                  |
| 3  | 3  | 1  | 3  | 3  | 1  | 2  | 2  | 2  | 1   | 3       | 3       | 3       | 3       | 3       | 3       | 2       | 2       | 2       | 3        | 27               | 88.89             | 3                  |
| 2  | 1  | 2  | 1  | 3  | 3  | 2  | 1  | 2  | 1   | 2       | 1       | 2       | 1       | 3       | 1       | 2       | 3       | 2       | 3        | 20               | 70.37             | 2                  |
| 3  | 3  | 1  | 3  | 3  | 3  | 1  | 3  | 1  | 1   | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3        | 30               | 100.00            | 3                  |
| 3  | 3  | 3  | 2  | 3  | 1  | 3  | 2  | 2  | 2   | 3       | 3       | 1       | 2       | 3       | 3       | 3       | 2       | 2       | 2        | 24               | 81.48             | 3                  |
| 2  | 1  | 1  | 1  | 3  | 2  | 2  | 2  | 1  | 2   | 2       | 1       | 3       | 1       | 3       | 2       | 2       | 2       | 3       | 2        | 21               | 74.07             | 2                  |
| 3  | 1  | 1  | 3  | 3  | 1  | 3  | 1  | 1  | 1   | 3       | 1       | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3        | 28               | 92.59             | 3                  |
| 2  | 2  | 2  | 1  | 2  | 2  | 3  | 1  | 2  | 2   | 2       | 2       | 2       | 1       | 2       | 2       | 2       | 1       | 3       | 2        | 19               | 66.67             | 2                  |
| 1  | 1  | 2  | 1  | 1  | 3  | 2  | 2  | 3  | 3   | 1       | 1       | 2       | 1       | 1       | 1       | 2       | 2       | 1       | 1        | 13               | 44.44             | 1                  |
| 3  | 3  | 1  | 3  | 3  | 1  | 3  | 1  | 1  | 1   | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3        | 30               | 100.00            | 3                  |
| 2  | 1  | 2  | 2  | 1  | 3  | 3  | 3  | 2  | 3   | 2       | 1       | 2       | 2       | 1       | 1       | 3       | 1       | 2       | 1        | 16               | 51.85             | 1                  |
| 2  | 2  | 3  | 2  | 3  | 1  | 2  | 1  | 2  | 1   | 2       | 2       | 1       | 2       | 3       | 3       | 2       | 3       | 2       | 3        | 23               | 77.78             | 3                  |
| 3  | 3  | 1  | 3  | 3  | 1  | 3  | 1  | 1  | 1   | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3        | 30               | 100.00            | 3                  |
| 2  | 3  | 1  | 3  | 3  | 1  | 3  | 1  | 1  | 1   | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3       | 3        | 30               | 100.00            | 3                  |
| 2  | 3  | 1  | 2  | 2  | 3  | 3  | 2  | 2  | 1   | 2       | 3       | 3       | 2       | 2       | 1       | 3       | 2       | 2       | 3        | 23               | 77.78             | 3                  |
| 3  | 1  | 3  | 1  | 1  | 1  | 2  | 1  | 2  | 3   | 3       | 1       | 1       | 1       | 1       | 1       | 3       | 2       | 3       | 2        | 18               | 62.96             | 2                  |
| 3  | 3  | 3  | 2  | 3  | 1  | 3  | 1  | 1  | 2   | 3       | 3       | 1       | 2       | 3       | 3       | 3       | 3       | 3       | 2        | 26               | 88.89             | 3                  |
| 2  | 2  | 1  | 2  | 1  | 2  | 3  | 2  | 2  | 3   | 2       | 2       | 3       | 2       | 1       | 2       | 3       | 2       | 2       | 1        | 20               | 66.67             | 2                  |
| 3  | 3  | 2  | 3  | 2  | 2  | 3  | 1  | 1  | 2   | 3       | 3       | 2       | 3       | 2       | 2       | 3       | 3       | 3       | 2        | 26               | 85.19             | 3                  |
| 3  | 1  | 1  | 3  | 3  | 2  | 3  | 1  | 3  | 2   | 3       | 1       | 3       | 3       | 3       | 2       | 3       | 3       | 1       | 2        | 24               | 77.78             | 3                  |
| 2  | 2  | 2  | 3  | 2  | 2  | 2  | 2  | 2  | 2   | 2       | 2       | 2       | 3       | 2       | 2       | 2       | 2       | 2       | 2        | 21               | 66.67             | 2                  |
| 1  | 1  | 3  | 1  | 1  | 3  | 1  | 3  | 3  | 3   | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1        | 10               | 33.33             | 1                  |
| 3  | 1  | 1  | 3  | 3  | 1  | 3  | 1  | 2  | 1   | 3       | 1       | 3       | 3       | 3       | 3       | 3       | 3       | 2       | 3        | 27               | 88.89             | 3                  |
| 3  | 3  | 1  | 2  | 2  | 1  | 3  | 2  | 1  | 1   | 3       | 3       | 3       | 2       | 3       | 3       | 3       | 2       | 3       | 3        | 27               | 92.59             | 3                  |
| 3  | 2  | 2  | 2  | 2  | 1  | 2  | 1  | 1  | 1   | 3       | 2       | 2       | 2       | 2       | 3       | 2       | 3       | 3       | 3        | 25               | 85.19             | 3                  |
| 1  | 1  | 3  | 2  | 1  | 2  | 2  | 2  | 2  | 3   | 1       | 1       | 1       | 2       | 2       | 2       | 2       | 2       | 2       | 1        | 15               | 48.15             | 1                  |
| 1  | 1  | 3  | 1  | 1  | 3  | 1  | 3  | 3  | 3   | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1        | 10               | 33.33             | 1                  |
| 2  | 2  | 3  | 2  | 1  | 2  | 1  | 2  | 2  | 3   | 2       | 2       | 1       | 2       | 1       | 2       | 1       | 2       | 2       | 1        | 16               | 51.85             | 1                  |
| 2  | 2  | 2  | 3  | 2  | 2  | 3  | 3  | 1  | 2   | 2       | 2       | 2       | 3       | 2       | 2       | 3       | 1       | 3       | 2        | 22               | 70.37             | 2                  |
| 1  | 1  | 3  | 1  | 1  | 3  | 1  | 2  | 3  | 3   | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 2       | 1       | 1        | 11               | 37.04             | 1                  |
| 2  | 2  | 3  | 1  | 1  | 3  | 1  | 3  | 3  | 3   | 2       | 2       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1        | 12               | 40.74             | 1                  |
| 1  | 2  | 2  | 1  | 1  | 3  | 1  | 2  | 2  | 2   | 1       | 2       | 2       | 1       | 1       | 1       | 1       | 2       | 2       | 2        | 15               | 51.85             | 1                  |
| 1  | 1  | 3  | 1  | 2  | 3  | 1  | 3  | 3  | 2   | 1       | 1       | 1       | 1       | 2       | 1       | 1       | 1       | 1       | 2        | 12               | 40.74             | 1                  |
| 2  | 1  | 2  | 2  | 1  | 2  | 2  | 2  | 2  | 2   | 1       | 2       | 3       | 2       | 1       | 2       | 2       | 2       | 2       | 2        | 19               | 62.96             | 2                  |
| 2  | 1  | 2  | 2  | 1  | 3  | 2  | 1  | 3  | 2   | 2       | 1       | 2       | 2       | 1       | 1       | 2       | 3       | 1       | 2        | 17               | 55.56             | 2                  |
| 2  | 2  | 2  | 2  | 2  | 2  | 1  | 1  | 3  | 3   | 2       | 2       | 2       | 2       | 2       | 2       | 1       | 3       | 1       | 1        | 18               | 59.26             | 2                  |
| 2  | 1  | 3  | 2  | 2  | 1  | 2  | 3  | 2  | 3   | 2       | 1       | 1       | 2       | 2       | 3       | 2       | 1       | 2       | 1        | 17               | 55.56             | 2                  |
| 1  | 2  | 3  | 2  | 1  | 3  | 2  | 3  | 3  | 3   | 1       | 2       | 1       | 2       | 1       | 1       | 2       | 1       | 1       | 1        | 13               | 40.74             | 1                  |

## Lampiran 5 Hasil Output SPSS

### Frequencies

| Notes                          |                       |                                                                                                                                                              |
|--------------------------------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Output Created                 |                       | 11-JUN-2026 15:21:00                                                                                                                                         |
| Comments                       |                       |                                                                                                                                                              |
| Input                          | Data                  | C:\Users\ASUS\Downloads\MASTER DATA SPSS ELIKA.sav                                                                                                           |
|                                | Active Dataset        | DataSet0                                                                                                                                                     |
|                                | Filter                | <none>                                                                                                                                                       |
|                                | Weight                | <none>                                                                                                                                                       |
|                                | Split File            | <none>                                                                                                                                                       |
| N of Rows in Working Data File |                       | 80                                                                                                                                                           |
| Missing Value Handling         | Definition of Missing | User-defined missing values are treated as missing.                                                                                                          |
|                                | Cases Used            | Statistics are based on all cases with valid data.                                                                                                           |
| Syntax                         |                       | FREQUENCIES VARIABLES=JK<br>Umur_Kategori Pendidikan_Kat<br>Pekerjaan_Kat KGD_Kat P1 P2 P3<br>P4 P5 P6 P7 P8<br>P9 P10<br>/BARCHART FREQ<br>/ORDER=ANALYSIS. |
| Resources                      | Processor Time        | 00:00:03,06                                                                                                                                                  |
|                                | Elapsed Time          | 00:00:02,83                                                                                                                                                  |

[DataSet0] C:\Users\ASUS\Downloads\MASTER DATA SPSS ELIKA.sav

| Statistics |         |                         |               |                     |                     |                           |
|------------|---------|-------------------------|---------------|---------------------|---------------------|---------------------------|
|            |         | Jenis kelamin responden | Kategori umur | Pendidikan terakhir | Pekerjaan responden | Kategori kadar gula darah |
| N          | Valid   | 80                      | 80            | 80                  | 80                  | 80                        |
|            | Missing | 0                       | 0             | 0                   | 0                   | 0                         |

| Statistics |         |                                                                |                                                             |                                                                     |                                                                                |                                                                          |
|------------|---------|----------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------------|
|            |         | Jawaban kuesioner: Sering minum minuman mengandung banyak gula | Jawaban kuesioner: Mengonsumsi nasi putih dalam porsi besar | Jawaban kuesioner: Mengonsumsi sayuran atau buah-buahan setiap hari | Jawaban kuesioner: Riwayat keluarga mengalami diabetes karena faktor keturunan | Jawaban kuesioner: Mengonsumsi makanan cepat saji/snack/indomie/gorengan |
| N          | Valid   | 80                                                             | 80                                                          | 80                                                                  | 80                                                                             | 80                                                                       |
|            | Missing | 0                                                              | 0                                                           | 0                                                                   | 0                                                                              | 0                                                                        |

| Statistics |         |                                                                             |                                                                    |                                                                     |                                                                      |                                                                          |
|------------|---------|-----------------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------|
|            |         | Jawaban kuesioner: Rutin mengontrol kadar gula darah di pelayanan kesehatan | Jawaban kuesioner: Mengonsumsi nasi putih lebih dari 3 kali sehari | Jawaban kuesioner: Melakukan aktivitas/olahraga pagi atau sore hari | Jawaban kuesioner: Memilih makanan dikukus, direbus, atau dipanggang | Jawaban kuesioner: Mengonsumsi lauk seperti ikan, telur, tahu, dan tempe |
| N          | Valid   | 80                                                                          | 80                                                                 | 80                                                                  | 80                                                                   | 80                                                                       |
|            | Missing | 0                                                                           | 0                                                                  | 0                                                                   | 0                                                                    | 0                                                                        |

### Frequency Table

| Jenis kelamin responden |           |           |         |               |                    |
|-------------------------|-----------|-----------|---------|---------------|--------------------|
|                         |           | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                   | Perempuan | 67        | 83.8    | 83.8          | 83.8               |
|                         | Laki-laki | 13        | 16.3    | 16.3          | 100.0              |
|                         | Total     | 80        | 100.0   | 100.0         |                    |

**Kategori umur**

|       |             | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------------|-----------|---------|---------------|--------------------|
| Valid | <30 tahun   | 1         | 1.3     | 1.3           | 1.3                |
|       | 30-45 tahun | 14        | 17.5    | 17.5          | 18.8               |
|       | 46-60 tahun | 51        | 63.7    | 63.7          | 82.5               |
|       | 61-75       | 14        | 17.5    | 17.5          | 100.0              |
|       | Total       | 80        | 100.0   | 100.0         |                    |

**Pendidikan terakhir**

|       |                  | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|------------------|-----------|---------|---------------|--------------------|
| Valid | SD               | 28        | 35.0    | 35.0          | 35.0               |
|       | SMP              | 22        | 27.5    | 27.5          | 62.5               |
|       | SMA              | 25        | 31.3    | 31.3          | 93.8               |
|       | Perguruan Tinggi | 5         | 6.3     | 6.3           | 100.0              |
|       | Total            | 80        | 100.0   | 100.0         |                    |

**Pekerjaan responden**

|       |                    | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------------|-----------|---------|---------------|--------------------|
| Valid | IRT/Tidak bekerja  | 37        | 46.3    | 46.3          | 46.3               |
|       | Petani             | 19        | 23.8    | 23.8          | 70.0               |
|       | Pegawai/Wiraswasta | 24        | 30.0    | 30.0          | 100.0              |
|       | Total              | 80        | 100.0   | 100.0         |                    |

**Kategori kadar gula darah**

|       |                     | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------------|-----------|---------|---------------|--------------------|
| Valid | Normal (<200 mg/dL) | 15        | 18.8    | 18.8          | 18.8               |
|       | Tinggi (≥200 mg/dL) | 65        | 81.3    | 81.3          | 100.0              |
|       | Total               | 80        | 100.0   | 100.0         |                    |

**Jawaban kuesioner: Sering minum minuman mengandung banyak gula**

|       |               | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|-----------|---------|---------------|--------------------|
| Valid | Sering        | 25        | 31.3    | 31.3          | 31.3               |
|       | Kadang-kadang | 32        | 40.0    | 40.0          | 71.3               |
|       | Tidak pernah  | 23        | 28.7    | 28.7          | 100.0              |
|       | Total         | 80        | 100.0   | 100.0         |                    |

**Jawaban kuesioner: Mengonsumsi nasi putih dalam porsi besar**

|       |               | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|-----------|---------|---------------|--------------------|
| Valid | Sering        | 30        | 37.5    | 37.5          | 37.5               |
|       | Kadang-kadang | 24        | 30.0    | 30.0          | 67.5               |
|       | Tidak pernah  | 26        | 32.5    | 32.5          | 100.0              |
|       | Total         | 80        | 100.0   | 100.0         |                    |

**Jawaban kuesioner: Mengonsumsi sayuran atau buah-buahan setiap hari**

|       |               | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|-----------|---------|---------------|--------------------|
| Valid | Sering        | 23        | 28.7    | 28.7          | 28.7               |
|       | Kadang-kadang | 28        | 35.0    | 35.0          | 63.7               |
|       | Tidak pernah  | 29        | 36.3    | 36.3          | 100.0              |
|       | Total         | 80        | 100.0   | 100.0         |                    |

**Jawaban kuesioner: Riwayat keluarga mengalami diabetes karena faktor keturunan**

|       |               | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|-----------|---------|---------------|--------------------|
| Valid | Sering        | 26        | 32.5    | 32.5          | 32.5               |
|       | Kadang-kadang | 29        | 36.3    | 36.3          | 68.8               |
|       | Tidak pernah  | 25        | 31.3    | 31.3          | 100.0              |
|       | Total         | 80        | 100.0   | 100.0         |                    |

**Jawaban kuesioner: Mengonsumsi makanan cepat saji/snack/indomie/gorengan**

|       |               | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|-----------|---------|---------------|--------------------|
| Valid | Sering        | 30        | 37.5    | 37.5          | 37.5               |
|       | Kadang-kadang | 27        | 33.8    | 33.8          | 71.3               |
|       | Tidak pernah  | 23        | 28.7    | 28.7          | 100.0              |
|       | Total         | 80        | 100.0   | 100.0         |                    |

**Jawaban kuesioner: Rutin mengontrol kadar gula darah di pelayanan Kesehatan**

|       |               | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|-----------|---------|---------------|--------------------|
| Valid | Sering        | 23        | 28.7    | 28.7          | 28.7               |
|       | Kadang-kadang | 31        | 38.8    | 38.8          | 67.5               |
|       | Tidak pernah  | 26        | 32.5    | 32.5          | 100.0              |
|       | Total         | 80        | 100.0   | 100.0         |                    |

**Jawaban kuesioner: Mengonsumsi nasi putih lebih dari 3 kali sehari**

|       |               | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|-----------|---------|---------------|--------------------|
| Valid | Sering        | 25        | 31.3    | 31.3          | 31.3               |
|       | Kadang-kadang | 32        | 40.0    | 40.0          | 71.3               |
|       | Tidak pernah  | 23        | 28.7    | 28.7          | 100.0              |
|       | Total         | 80        | 100.0   | 100.0         |                    |

**Jawaban kuesioner: Melakukan aktivitas/olahraga pagi atau sore hari**

|       |               | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|-----------|---------|---------------|--------------------|
| Valid | Sering        | 30        | 37.5    | 37.5          | 37.5               |
|       | Kadang-kadang | 27        | 33.8    | 33.8          | 71.3               |
|       | Tidak pernah  | 23        | 28.7    | 28.7          | 100.0              |
|       | Total         | 80        | 100.0   | 100.0         |                    |

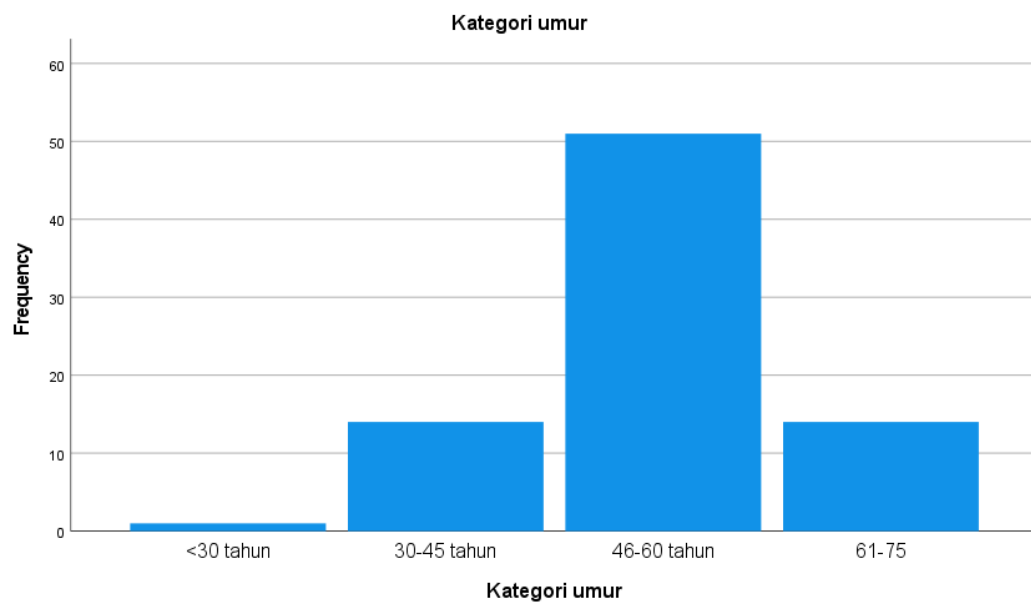
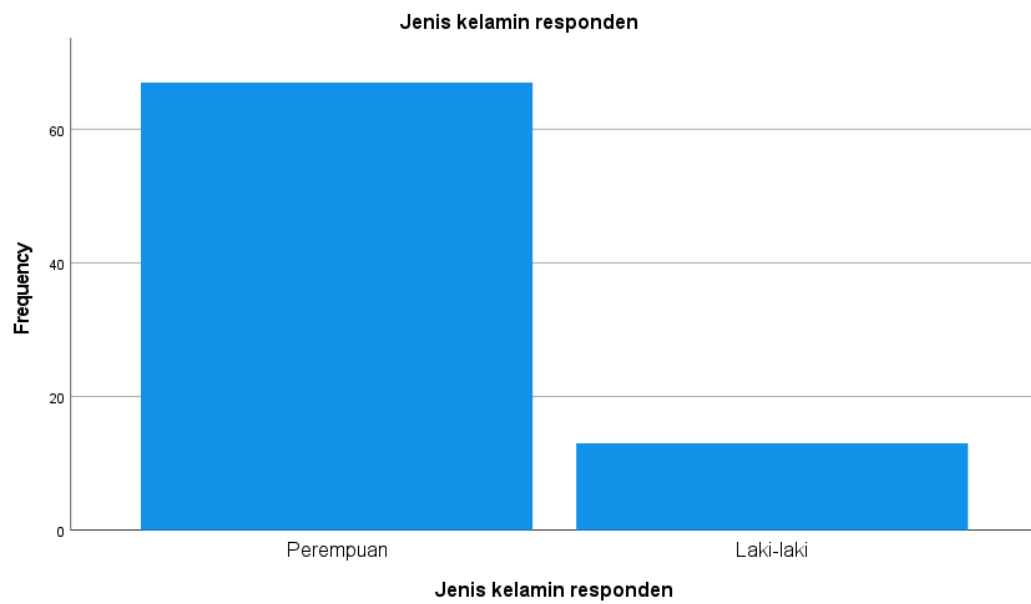
**Jawaban kuesioner: Memilih makanan dikukus, direbus, atau dipanggang**

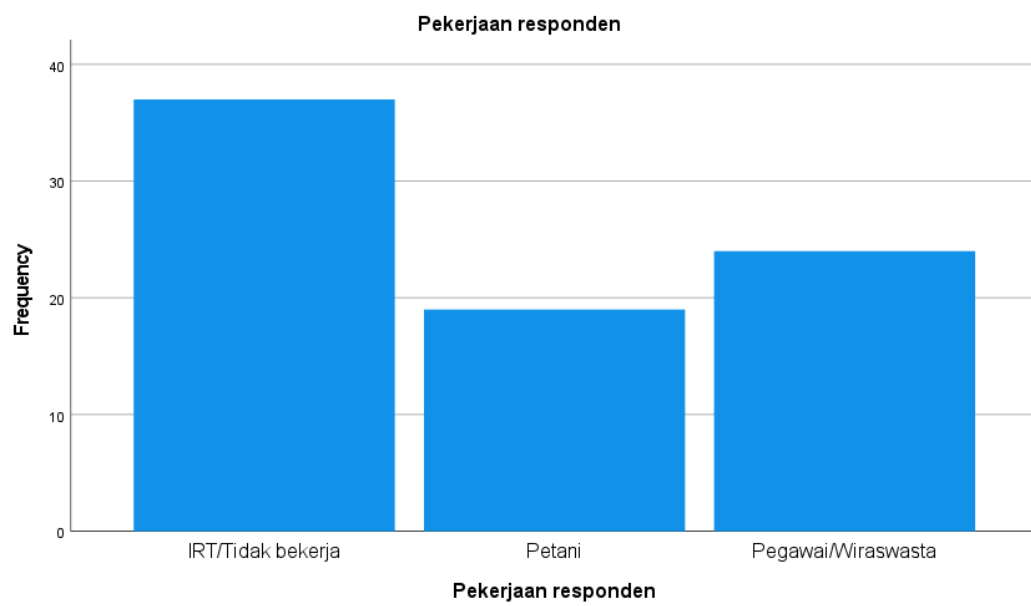
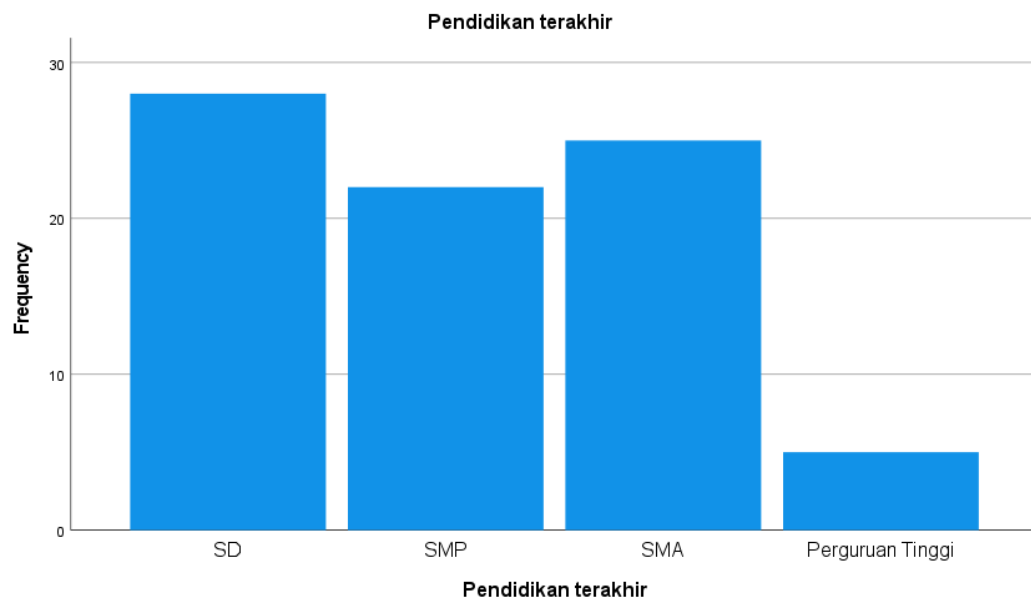
|       |               | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|-----------|---------|---------------|--------------------|
| Valid | Sering        | 27        | 33.8    | 33.8          | 33.8               |
|       | Kadang-kadang | 29        | 36.3    | 36.3          | 70.0               |
|       | Tidak pernah  | 24        | 30.0    | 30.0          | 100.0              |
|       | Total         | 80        | 100.0   | 100.0         |                    |

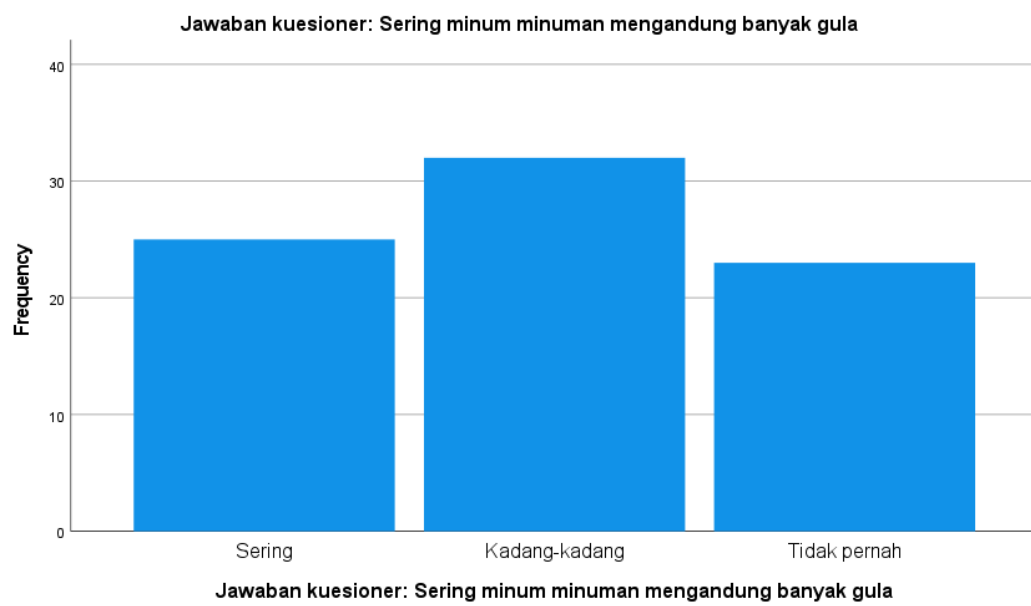
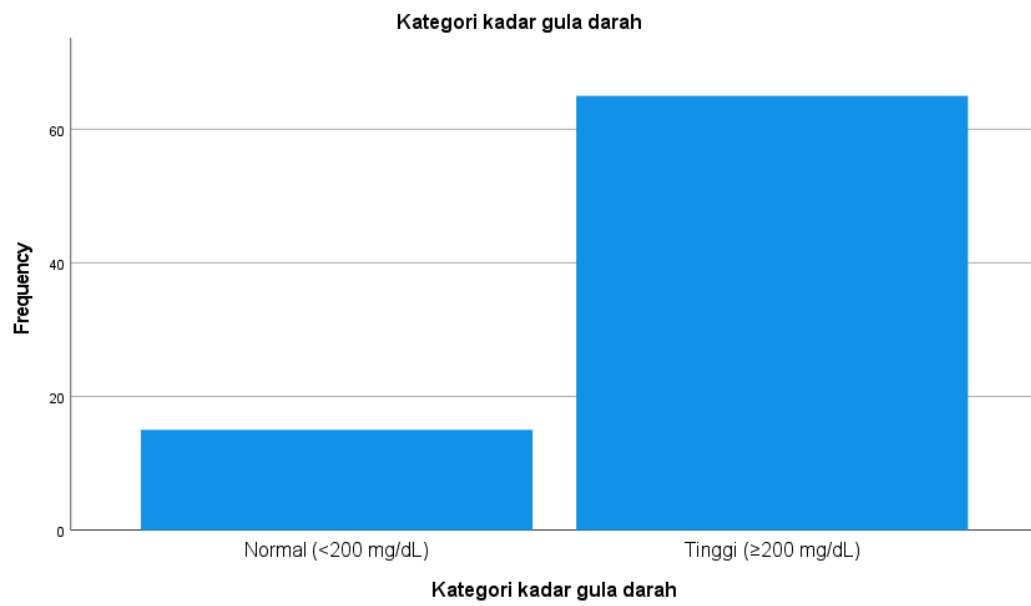
**Jawaban kuesioner: Mengonsumsi lauk seperti ikan, telur, tahu, dan tempe**

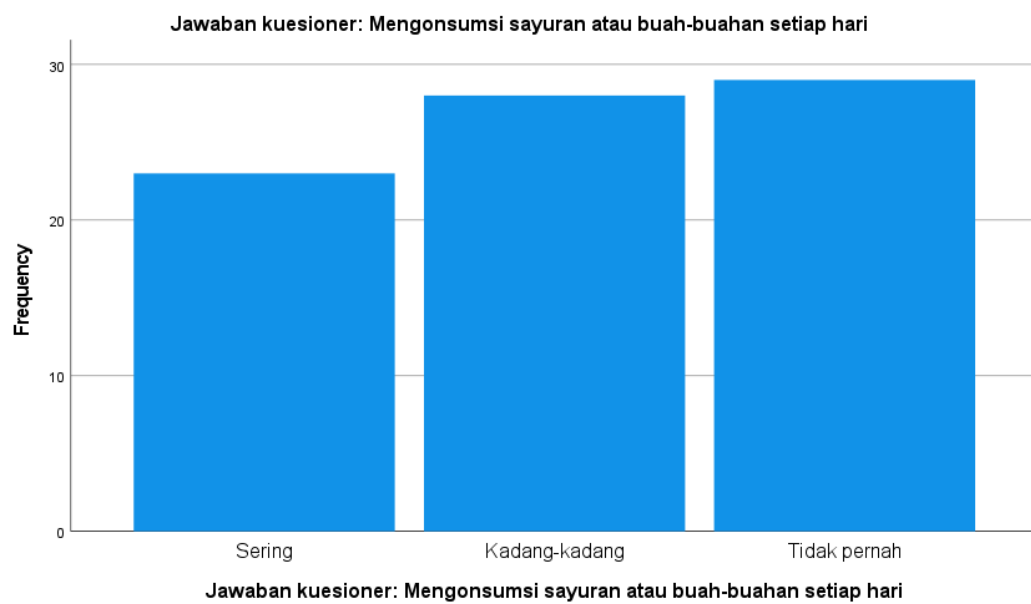
|       |               | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|-----------|---------|---------------|--------------------|
| Valid | Sering        | 25        | 31.3    | 31.3          | 31.3               |
|       | Kadang-kadang | 28        | 35.0    | 35.0          | 66.3               |
|       | Tidak pernah  | 27        | 33.8    | 33.8          | 100.0              |
|       | Total         | 80        | 100.0   | 100.0         |                    |

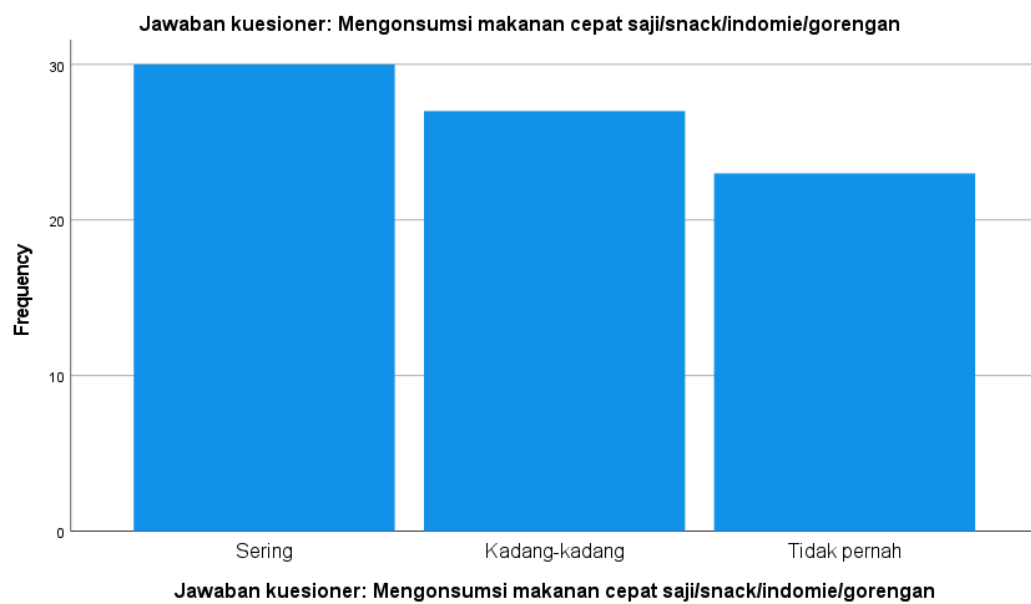
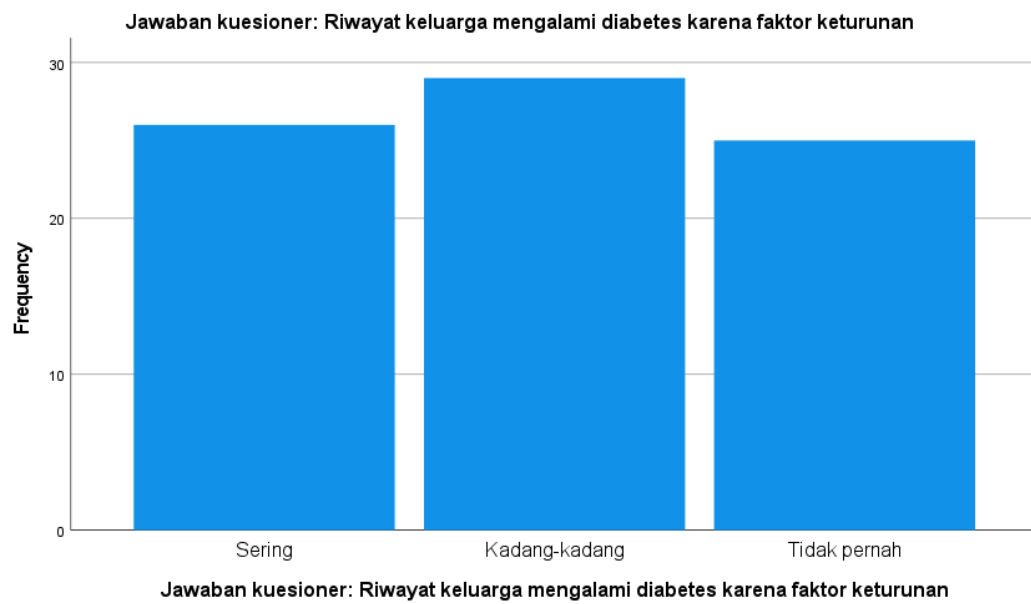
Bar Chart

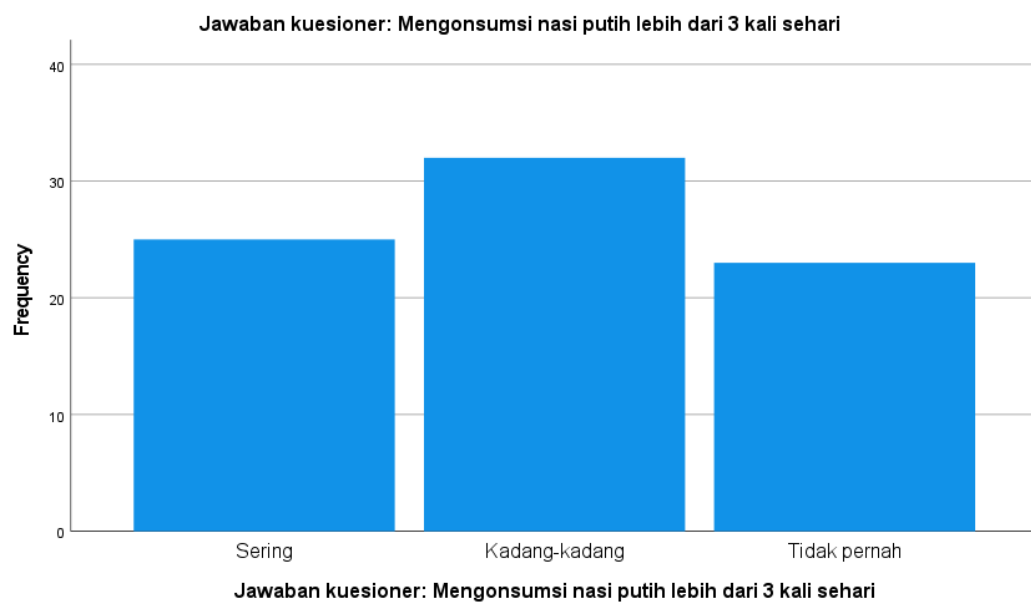
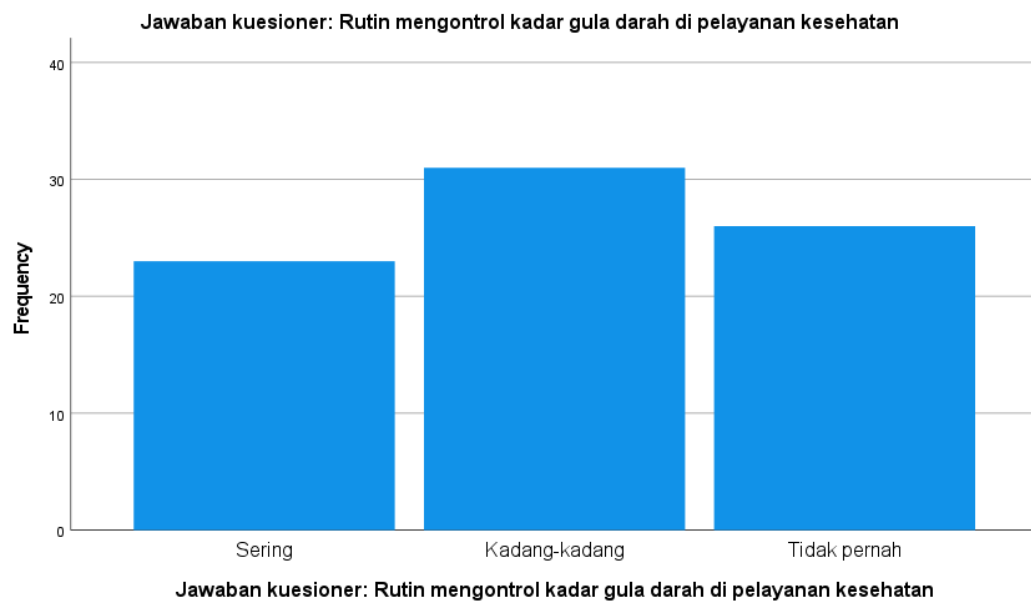


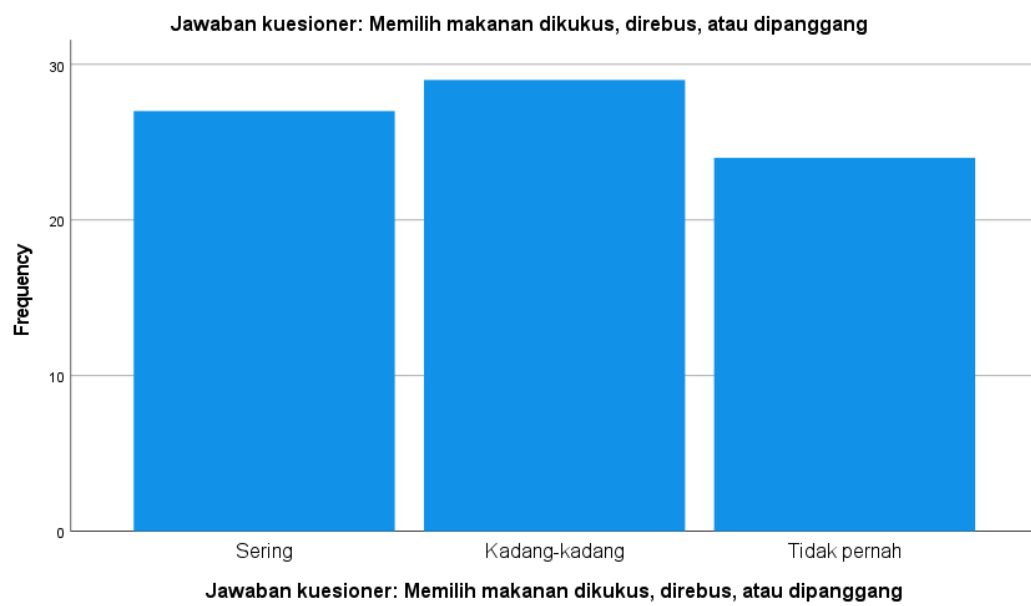
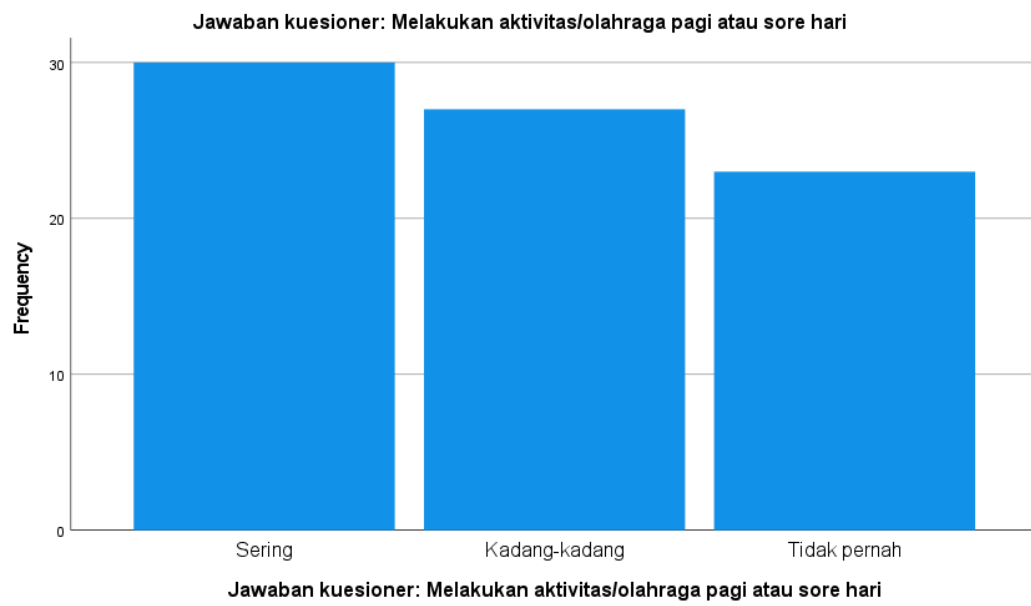














```

RELIABILITY
/VARIABLES=P1_Skor P2_Skor P3_Skor P5_Skor P6_Skor P7_Skor P8_Skor P9_Skor P10_Skor
/SCALE('ALL VARIABLES') ALL
/MODEL=ALPHA
/STATISTICS=DESCRIPTIVE SCALE CORR
/SUMMARY=TOTAL.

```

#### Reliability

| Notes                  |                                | 11-JUN-2026 15:21:51                                                                                                                                                                                                |
|------------------------|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Output Created         |                                |                                                                                                                                                                                                                     |
| Comments               |                                |                                                                                                                                                                                                                     |
| Input                  | Data                           | C:\Users\ASUS\Downloads\MASTE<br>R DATA SPSS ELIKA.sav                                                                                                                                                              |
|                        | Active Dataset                 | DataSet0                                                                                                                                                                                                            |
|                        | Filter                         | <none>                                                                                                                                                                                                              |
|                        | Weight                         | <none>                                                                                                                                                                                                              |
|                        | Split File                     | <none>                                                                                                                                                                                                              |
|                        | N of Rows in Working Data File | 80                                                                                                                                                                                                                  |
| Missing Value Handling | Matrix Input                   |                                                                                                                                                                                                                     |
|                        | Definition of Missing          | User-defined missing values are<br>treated as missing.                                                                                                                                                              |
|                        | Cases Used                     | Statistics are based on all cases with<br>valid data for all variables in the<br>procedure.                                                                                                                         |
| Syntax                 |                                | RELIABILITY<br>/VARIABLES=P1_Skor P2_Skor<br>P3_Skor P5_Skor P6_Skor P7_Skor<br>P8_Skor P9_Skor P10_Skor<br>/SCALE('ALL VARIABLES') ALL<br>/MODEL=ALPHA<br>/STATISTICS=DESCRIPTIVE<br>SCALE CORR<br>/SUMMARY=TOTAL. |
| Resources              | Processor Time                 | 00:00:00,03                                                                                                                                                                                                         |
|                        | Elapsed Time                   | 00:00:00,03                                                                                                                                                                                                         |

Scale: ALL VARIABLES

### Case Processing Summary

|       |                       | N  | %     |
|-------|-----------------------|----|-------|
| Cases | Valid                 | 80 | 100.0 |
|       | Excluded <sup>a</sup> | 0  | .0    |
|       | Total                 | 80 | 100.0 |

a. Listwise deletion based on all variables in the procedure.

### Reliability Statistics

| Cronbach's Alpha | Cronbach's Alpha<br>Based on<br>Standardized Items | N of Items |
|------------------|----------------------------------------------------|------------|
| .897             | .897                                               | 9          |

### Item Statistics

|                          | Mean | Std. Deviation | N  |
|--------------------------|------|----------------|----|
| Skor pola makan item P1  | 1.98 | .779           | 80 |
| Skor pola makan item P2  | 1.95 | .840           | 80 |
| Skor pola makan item P3  | 1.93 | .808           | 80 |
| Skor pola makan item P5  | 1.91 | .814           | 80 |
| Skor pola makan item P6  | 1.96 | .787           | 80 |
| Skor pola makan item P7  | 1.98 | .779           | 80 |
| Skor pola makan item P8  | 2.09 | .814           | 80 |
| Skor pola makan item P9  | 2.04 | .803           | 80 |
| Skor pola makan item P10 | 1.98 | .811           | 80 |

### Inter-Item Correlation Matrix

|                          | Skor pola makan<br>item P1 | Skor pola makan<br>item P2 | Skor pola makan<br>item P3 | Skor pola makan<br>item P5 |
|--------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Skor pola makan item P1  | 1.000                      | .423                       | .399                       | .455                       |
| Skor pola makan item P2  | .423                       | 1.000                      | .386                       | .474                       |
| Skor pola makan item P3  | .399                       | .386                       | 1.000                      | .509                       |
| Skor pola makan item P5  | .455                       | .474                       | .509                       | 1.000                      |
| Skor pola makan item P6  | .639                       | .514                       | .374                       | .528                       |
| Skor pola makan item P7  | .562                       | .501                       | .520                       | .575                       |
| Skor pola makan item P8  | .482                       | .413                       | .453                       | .470                       |
| Skor pola makan item P9  | .427                       | .585                       | .512                       | .586                       |
| Skor pola makan item P10 | .400                       | .481                       | .519                       | .687                       |

### Inter-Item Correlation Matrix

|                          | Skor pola makan item<br>P6 | Skor pola makan item<br>P7 | Skor pola makan item<br>P8 | Skor pola makan item<br>P9 |
|--------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Skor pola makan item P1  | .639                       | .562                       | .482                       | .427                       |
| Skor pola makan item P2  | .514                       | .501                       | .413                       | .585                       |
| Skor pola makan item P3  | .374                       | .520                       | .453                       | .512                       |
| Skor pola makan item P5  | .528                       | .575                       | .470                       | .586                       |
| Skor pola makan item P6  | 1.000                      | .473                       | .539                       | .524                       |
| Skor pola makan item P7  | .473                       | 1.000                      | .383                       | .548                       |
| Skor pola makan item P8  | .539                       | .383                       | 1.000                      | .402                       |
| Skor pola makan item P9  | .524                       | .548                       | .402                       | 1.000                      |
| Skor pola makan item P10 | .475                       | .460                       | .502                       | .546                       |

### Inter-Item Correlation Matrix

|                         | Skor pola makan item P10 |
|-------------------------|--------------------------|
| Skor pola makan item P1 | .400                     |
| Skor pola makan item P2 | .481                     |
| Skor pola makan item P3 | .519                     |
| Skor pola makan item P5 | .687                     |
| Skor pola makan item P6 | .475                     |
| Skor pola makan item P7 | .460                     |
| Skor pola makan item P8 | .502                     |

|                          |       |
|--------------------------|-------|
| Skor pola makan item P9  | .546  |
| Skor pola makan item P10 | 1.000 |

| Item-Total Statistics    |                            |                                |                                  |                              |
|--------------------------|----------------------------|--------------------------------|----------------------------------|------------------------------|
|                          | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Squared Multiple Correlation |
| Skor pola makan item P1  | 15.83                      | 23.361                         | .631                             | .510                         |
| Skor pola makan item P2  | 15.85                      | 22.939                         | .630                             | .442                         |
| Skor pola makan item P3  | 15.88                      | 23.301                         | .611                             | .423                         |
| Skor pola makan item P5  | 15.89                      | 22.456                         | .726                             | .593                         |
| Skor pola makan item P6  | 15.84                      | 22.948                         | .684                             | .553                         |
| Skor pola makan item P7  | 15.83                      | 23.058                         | .676                             | .518                         |
| Skor pola makan item P8  | 15.71                      | 23.296                         | .606                             | .416                         |
| Skor pola makan item P9  | 15.76                      | 22.740                         | .697                             | .529                         |
| Skor pola makan item P10 | 15.83                      | 22.754                         | .686                             | .553                         |

| Item-Total Statistics    |  | Cronbach's Alpha if Item Deleted |
|--------------------------|--|----------------------------------|
| Skor pola makan item P1  |  | .888                             |
| Skor pola makan item P2  |  | .888                             |
| Skor pola makan item P3  |  | .889                             |
| Skor pola makan item P5  |  | .880                             |
| Skor pola makan item P6  |  | .884                             |
| Skor pola makan item P7  |  | .884                             |
| Skor pola makan item P8  |  | .890                             |
| Skor pola makan item P9  |  | .883                             |
| Skor pola makan item P10 |  | .884                             |

| Scale Statistics |          |                |            |
|------------------|----------|----------------|------------|
| Mean             | Variance | Std. Deviation | N of Items |
| 17.80            | 28.719   | 5.359          | 9          |

```

DATASET ACTIVATE DataSet0.
DATASET ACTIVATE DataSet0.

SAVE OUTFILE='C:\Users\ASUS\Downloads\MASTER DATA SPSS ELIKA.sav'
/COMPRESSED.
DATASET ACTIVATE DataSet0.
DATASET ACTIVATE DataSet0.

SAVE OUTFILE='C:\Users\ASUS\Downloads\MASTER DATA SPSS ELIKA.sav'
/COMPRESSED.
COMPUTE Total_Pola_Makan=SUM(P1_Skor,P2_Skor,P3_Skor,P5_Skor,P6_Skor,P7_Skor,P8_Skor,P9_Skor,
P10_Skor).
EXECUTE.
COMPUTE Persen_Pola_Makan=(Total_Pola_Makan / 27) * 100.
EXECUTE.
FREQUENCIES VARIABLES=JK Umur_Kategori Pendidikan_Kat Pekerjaan_Kat
/BARCHART FREQ
/ORDER=ANALYSIS.

```

### Frequencies

| Notes          |                |                                                    |
|----------------|----------------|----------------------------------------------------|
| Output Created |                | 11-JUN-2026 15:41:23                               |
| Comments       |                |                                                    |
| Input          | Data           | C:\Users\ASUS\Downloads\MASTER DATA SPSS ELIKA.sav |
|                | Active Dataset | DataSet0                                           |
|                | Filter         | <none>                                             |
|                | Weight         | <none>                                             |
|                | Split File     | <none>                                             |

|                                |                       |                                                                                                                 |
|--------------------------------|-----------------------|-----------------------------------------------------------------------------------------------------------------|
| N of Rows in Working Data File |                       | 80                                                                                                              |
| Missing Value Handling         | Definition of Missing | User-defined missing values are treated as missing.                                                             |
|                                | Cases Used            | Statistics are based on all cases with valid data.                                                              |
| Syntax                         |                       | FREQUENCIES VARIABLES=JK<br>Umur_Kategori Pendidikan_Kat<br>Pekerjaan_Kat<br>/BARCHART FREQ<br>/ORDER=ANALYSIS. |
| Resources                      | Processor Time        | 00:00:00,47                                                                                                     |
|                                | Elapsed Time          | 00:00:00,99                                                                                                     |

| Statistics |         |                         |               |                     |                     |
|------------|---------|-------------------------|---------------|---------------------|---------------------|
|            |         | Jenis kelamin responden | Kategori umur | Pendidikan terakhir | Pekerjaan responden |
| N          | Valid   | 80                      | 80            | 80                  | 80                  |
|            | Missing | 0                       | 0             | 0                   | 0                   |

Frequency Table

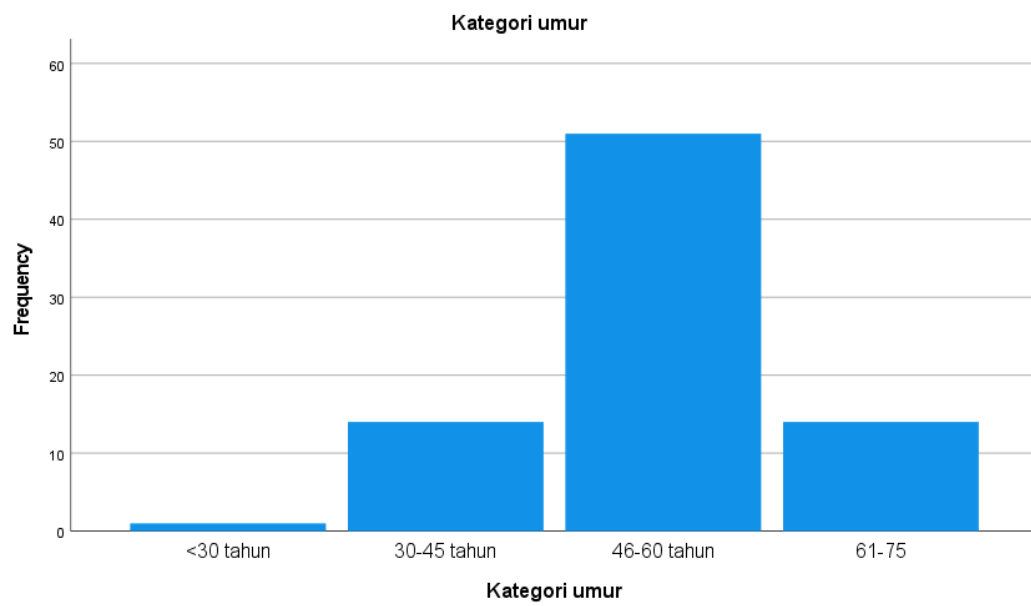
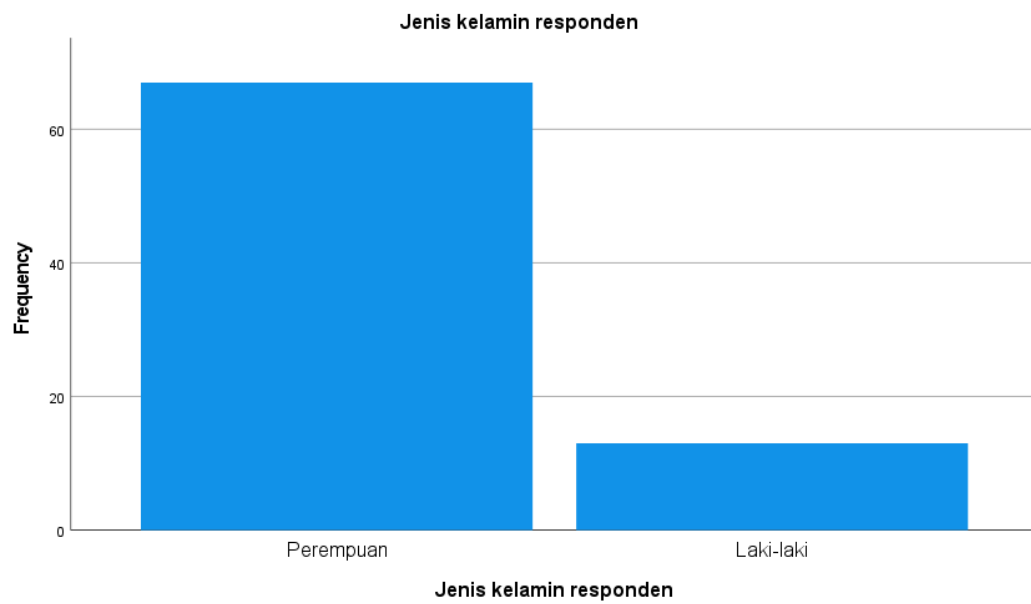
| Jenis kelamin responden |           |           |         |               |                    |
|-------------------------|-----------|-----------|---------|---------------|--------------------|
|                         |           | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                   | Perempuan | 67        | 83.8    | 83.8          | 83.8               |
|                         | Laki-laki | 13        | 16.3    | 16.3          | 100.0              |
|                         | Total     | 80        | 100.0   | 100.0         |                    |

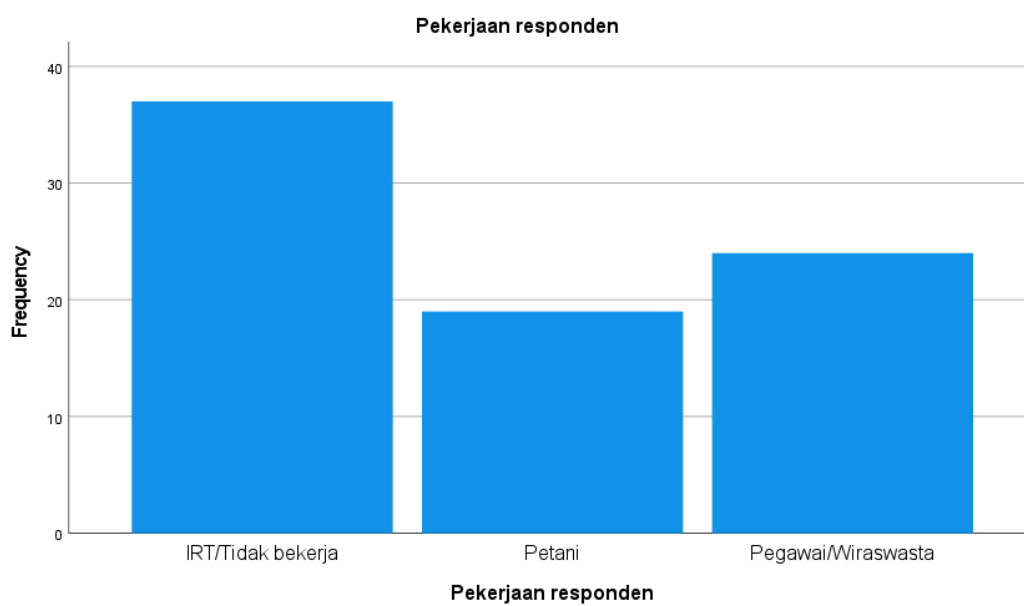
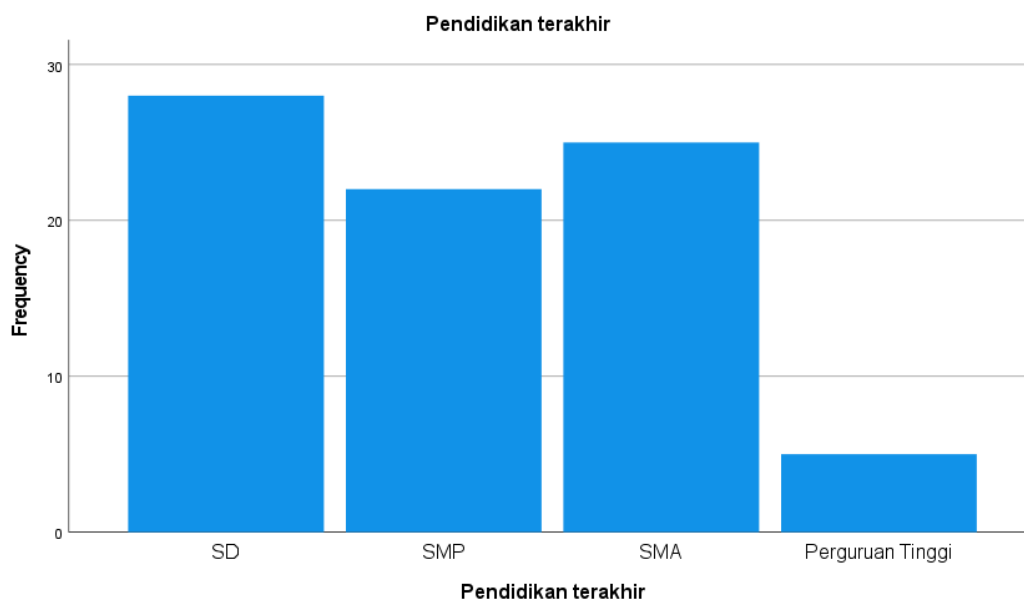
| Kategori umur |             |           |         |               |                    |
|---------------|-------------|-----------|---------|---------------|--------------------|
|               |             | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid         | <30 tahun   | 1         | 1.3     | 1.3           | 1.3                |
|               | 30-45 tahun | 14        | 17.5    | 17.5          | 18.8               |
|               | 46-60 tahun | 51        | 63.7    | 63.7          | 82.5               |
|               | 61-75       | 14        | 17.5    | 17.5          | 100.0              |
|               | Total       | 80        | 100.0   | 100.0         |                    |

| Pendidikan terakhir |                  |           |         |               |                    |
|---------------------|------------------|-----------|---------|---------------|--------------------|
|                     |                  | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid               | SD               | 28        | 35.0    | 35.0          | 35.0               |
|                     | SMP              | 22        | 27.5    | 27.5          | 62.5               |
|                     | SMA              | 25        | 31.3    | 31.3          | 93.8               |
|                     | Perguruan Tinggi | 5         | 6.3     | 6.3           | 100.0              |
|                     | Total            | 80        | 100.0   | 100.0         |                    |

| Pekerjaan responden |                    |           |         |               |                    |
|---------------------|--------------------|-----------|---------|---------------|--------------------|
|                     |                    | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid               | IRT/Tidak bekerja  | 37        | 46.3    | 46.3          | 46.3               |
|                     | Petani             | 19        | 23.8    | 23.8          | 70.0               |
|                     | Pegawai/Wiraswasta | 24        | 30.0    | 30.0          | 100.0              |
|                     | Total              | 80        | 100.0   | 100.0         |                    |

Bar Chart





FREQUENCIES VARIABLES=Kategori\_Pola\_Code  
 /BARCHART FREQ  
 /ORDER=ANALYSIS.

#### Frequencies

| Notes          |                                                        |
|----------------|--------------------------------------------------------|
| Output Created | 11-JUN-2026 15:41:47                                   |
| Comments       |                                                        |
| Input          | Data                                                   |
|                | C:\Users\ASUS\Downloads\MASTE<br>R DATA SPSS ELIKA.sav |
|                | Active Dataset                                         |
|                | DataSet0                                               |
|                | Filter                                                 |
|                | <none>                                                 |
|                | Weight                                                 |
|                | <none>                                                 |

|                                |                       |                                                                                   |
|--------------------------------|-----------------------|-----------------------------------------------------------------------------------|
| Split File                     |                       | <none>                                                                            |
| N of Rows in Working Data File |                       | 80                                                                                |
| Missing Value Handling         | Definition of Missing | User-defined missing values are treated as missing.                               |
|                                | Cases Used            | Statistics are based on all cases with valid data.                                |
| Syntax                         |                       | FREQUENCIES<br>VARIABLES=Kategori Pola_Code<br>/BARCHART FREQ<br>/ORDER=ANALYSIS. |
| Resources                      | Processor Time        | 00:00:00,30                                                                       |
|                                | Elapsed Time          | 00:00:00,60                                                                       |

### Statistics

Kategori pola makan dalam kode

|   |         |    |
|---|---------|----|
| N | Valid   | 80 |
|   | Missing | 0  |

### Kategori pola makan dalam kode

|       |             | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------------|-----------|---------|---------------|--------------------|
| Valid | Kurang baik | 26        | 32.5    | 32.5          | 32.5               |
|       | Cukup       | 26        | 32.5    | 32.5          | 65.0               |
|       | Baik        | 28        | 35.0    | 35.0          | 100.0              |
|       | Total       | 80        | 100.0   | 100.0         |                    |



FREQUENCIES VARIABLES=KGD\_Kat  
/BARCHART FREQ  
/ORDER=ANALYSIS.

### Frequencies

#### Notes

|                |                |                                                        |
|----------------|----------------|--------------------------------------------------------|
| Output Created |                | 11-JUN-2026 15:43:05                                   |
| Comments       |                |                                                        |
| Input          | Data           | C:\Users\ASUS\Downloads\MASTE<br>R DATA SPSS ELIKA.sav |
|                | Active Dataset | DataSet0                                               |
|                | Filter         | <none>                                                 |
|                | Weight         | <none>                                                 |

|                                |                       |                                                                        |
|--------------------------------|-----------------------|------------------------------------------------------------------------|
| Split File                     |                       | <none>                                                                 |
| N of Rows in Working Data File |                       | 80                                                                     |
| Missing Value Handling         | Definition of Missing | User-defined missing values are treated as missing.                    |
|                                | Cases Used            | Statistics are based on all cases with valid data.                     |
| Syntax                         |                       | FREQUENCIES<br>VARIABLES=KGD_Kat<br>/BARCHART FREQ<br>/ORDER=ANALYSIS. |
| Resources                      | Processor Time        | 00:00:00,11                                                            |
|                                | Elapsed Time          | 00:00:00,25                                                            |

### Statistics

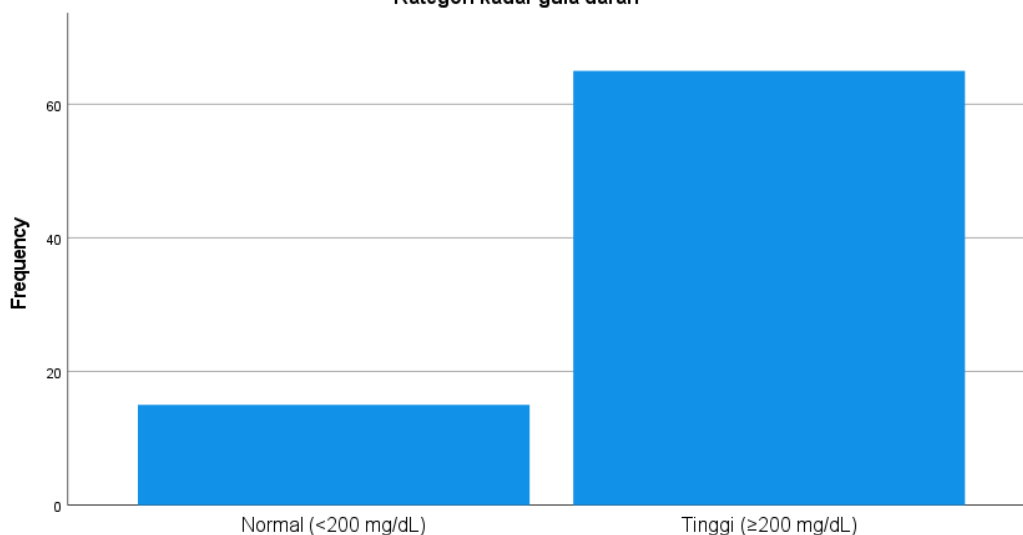
Kategori kadar gula darah

|   |         |    |
|---|---------|----|
| N | Valid   | 80 |
|   | Missing | 0  |

### Kategori kadar gula darah

|       |                     | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------------|-----------|---------|---------------|--------------------|
| Valid | Normal (<200 mg/dL) | 15        | 18.8    | 18.8          | 18.8               |
|       | Tinggi (≥200 mg/dL) | 65        | 81.3    | 81.3          | 100.0              |
|       | Total               | 80        | 100.0   | 100.0         |                    |

### Kategori kadar gula darah



### Kategori kadar gula darah

DESCRIPTIVES VARIABLES=Umur\_Tahun KGD\_mg\_dL Total\_Pola\_Makan Persen\_Pola\_Makan  
/STATISTICS=MEAN STDDEV MIN MAX.

### Descriptives

| Notes          |                                | 11-JUN-2026 15:43:25                               |
|----------------|--------------------------------|----------------------------------------------------|
| Output Created |                                |                                                    |
| Comments       |                                |                                                    |
| Input          | Data                           | C:\Users\ASUS\Downloads\MASTER DATA SPSS ELIKA.sav |
|                | Active Dataset                 | DataSet0                                           |
|                | Filter                         | <none>                                             |
|                | Weight                         | <none>                                             |
|                | Split File                     | <none>                                             |
|                | N of Rows in Working Data File | 80                                                 |

|                        |                       |                                                                                                                                |
|------------------------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------|
| Missing Value Handling | Definition of Missing | User defined missing values are treated as missing.                                                                            |
|                        | Cases Used            | All non-missing data are used.                                                                                                 |
| Syntax                 |                       | DESCRIPTIVES<br>VARIABLES=Umur Tahun<br>KGD_mg_dL Total_Pola_Makan<br>Persen_Pola_Makan<br>/STATISTICS=MEAN STDDEV<br>MIN MAX. |
| Resources              | Processor Time        | 00:00:00,00                                                                                                                    |
|                        | Elapsed Time          | 00:00:00,02                                                                                                                    |

| Descriptive Statistics                 |    |         |         |         |                |
|----------------------------------------|----|---------|---------|---------|----------------|
|                                        | N  | Minimum | Maximum | Mean    | Std. Deviation |
| Umur responden dalam tahun             | 80 | 26      | 72      | 52.75   | 8.982          |
| Kadar gula darah responden dalam mg/dL | 80 | 106     | 499     | 252.14  | 67.770         |
| Total skor pola makan dari 10 item     | 80 | 9       | 27      | 17.80   | 5.359          |
| Persentase skor pola makan             | 80 | 33.33   | 100.00  | 65.9259 | 19.84818       |
| Valid N (listwise)                     | 80 |         |         |         |                |

```

EXAMINE VARIABLES=Persen_Pola_Makan KGD_mg_dL
/PLOT BOXPLOT STEMLEAF HISTOGRAM NPLOT
/COMPARE GROUPS
/STATISTICS DESCRIPTIVES
/CINTERVAL 95
/MISSING LISTWISE
/NOTOTAL.

```

### Explore

| Notes                  |                                |                                                                                                                                                                                                    |
|------------------------|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Output Created         |                                | 11-JUN-2026 15:44:00                                                                                                                                                                               |
| Comments               |                                |                                                                                                                                                                                                    |
| Input                  | Data                           | C:\Users\ASUS\Downloads\MASTE<br>R DATA SPSS ELIKA.sav                                                                                                                                             |
|                        | Active Dataset                 | DataSet0                                                                                                                                                                                           |
|                        | Filter                         | <none>                                                                                                                                                                                             |
|                        | Weight                         | <none>                                                                                                                                                                                             |
|                        | Split File                     | <none>                                                                                                                                                                                             |
|                        | N of Rows in Working Data File | 80                                                                                                                                                                                                 |
| Missing Value Handling | Definition of Missing          | User-defined missing values for dependent variables are treated as missing.                                                                                                                        |
|                        | Cases Used                     | Statistics are based on cases with no missing values for any dependent variable or factor used.                                                                                                    |
| Syntax                 |                                | EXAMINE<br>VARIABLES=Persen_Pola_Makan<br>KGD_mg_dL<br>/PLOT BOXPLOT STEMLEAF<br>HISTOGRAM NPLOT<br>/COMPARE GROUPS<br>/STATISTICS DESCRIPTIVES<br>/CINTERVAL 95<br>/MISSING LISTWISE<br>/NOTOTAL. |
| Resources              | Processor Time                 | 00:00:00,89                                                                                                                                                                                        |
|                        | Elapsed Time                   | 00:00:01,80                                                                                                                                                                                        |

### Case Processing Summary

|       | Cases   |       |
|-------|---------|-------|
| Valid | Missing | Total |

|                                        | N  | Percent | N | Percent | N  | Percent |
|----------------------------------------|----|---------|---|---------|----|---------|
| Persentase skor pola makan             | 80 | 100.0%  | 0 | 0.0%    | 80 | 100.0%  |
| Kadar gula darah responden dalam mg/dL | 80 | 100.0%  | 0 | 0.0%    | 80 | 100.0%  |

### Descriptives

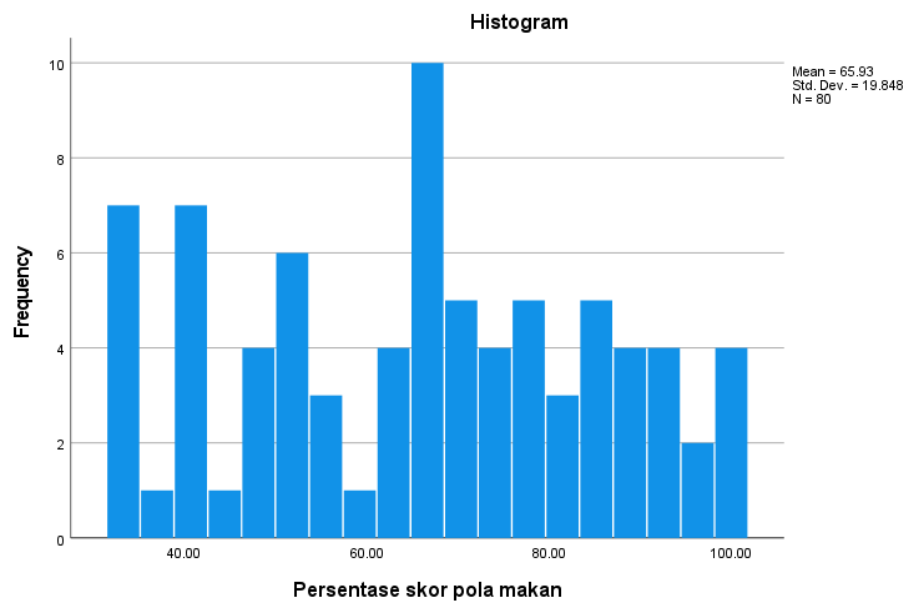
|                                        |                                  |             | Statistic | Std. Error |
|----------------------------------------|----------------------------------|-------------|-----------|------------|
| Persentase skor pola makan             | Mean                             |             | 65.9259   | 2.21909    |
|                                        | 95% Confidence Interval for Mean | Lower Bound | 61.5089   |            |
|                                        |                                  | Upper Bound | 70.3429   |            |
|                                        | 5% Trimmed Mean                  |             | 65.8436   |            |
|                                        | Median                           |             | 66.6667   |            |
|                                        | Variance                         |             | 393.950   |            |
|                                        | Std. Deviation                   |             | 19.84818  |            |
|                                        | Minimum                          |             | 33.33     |            |
|                                        | Maximum                          |             | 100.00    |            |
|                                        | Range                            |             | 66.67     |            |
|                                        | Interquartile Range              |             | 32.41     |            |
|                                        | Skewness                         |             | -.058     | .269       |
|                                        | Kurtosis                         |             | -1.049    | .532       |
| Kadar gula darah responden dalam mg/dL | Mean                             |             | 252.14    | 7.577      |
|                                        | 95% Confidence Interval for Mean | Lower Bound | 237.06    |            |
|                                        |                                  | Upper Bound | 267.22    |            |
|                                        | 5% Trimmed Mean                  |             | 247.81    |            |
|                                        | Median                           |             | 250.00    |            |
|                                        | Variance                         |             | 4592.778  |            |
|                                        | Std. Deviation                   |             | 67.770    |            |
|                                        | Minimum                          |             | 106       |            |
|                                        | Maximum                          |             | 499       |            |
|                                        | Range                            |             | 393       |            |
|                                        | Interquartile Range              |             | 77        |            |
|                                        | Skewness                         |             | 1.019     | .269       |
|                                        | Kurtosis                         |             | 2.384     | .532       |

### Tests of Normality

|                                        | Kolmogorov-Smirnov <sup>a</sup> |    |      | Shapiro-Wilk |    |      |
|----------------------------------------|---------------------------------|----|------|--------------|----|------|
|                                        | Statistic                       | df | Sig. | Statistic    | df | Sig. |
| Persentase skor pola makan             | .090                            | 80 | .170 | .955         | 80 | .006 |
| Kadar gula darah responden dalam mg/dL | .128                            | 80 | .002 | .940         | 80 | .001 |

a. Lilliefors Significance Correction

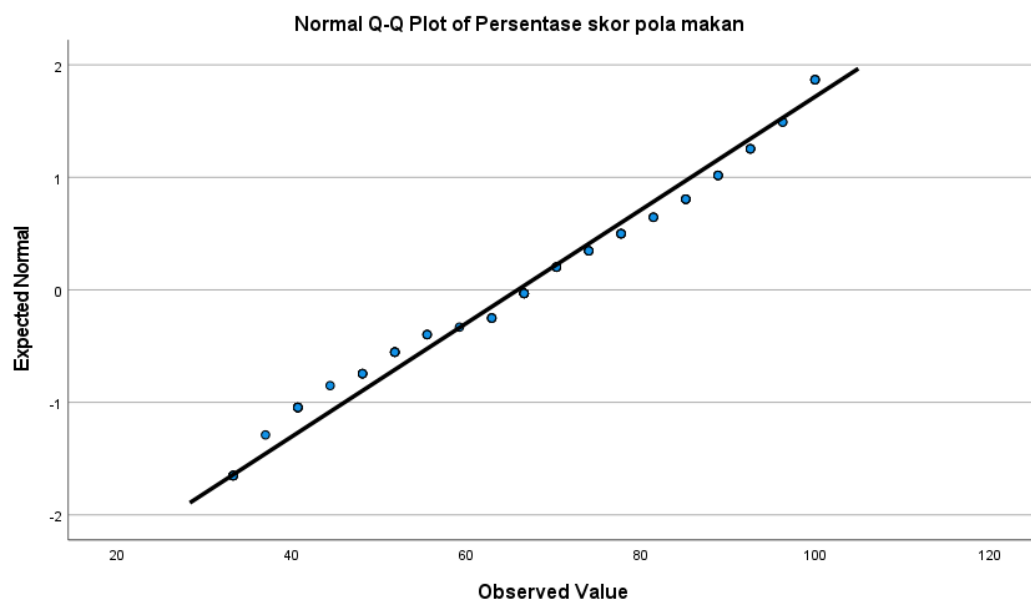
Persentase skor pola makan

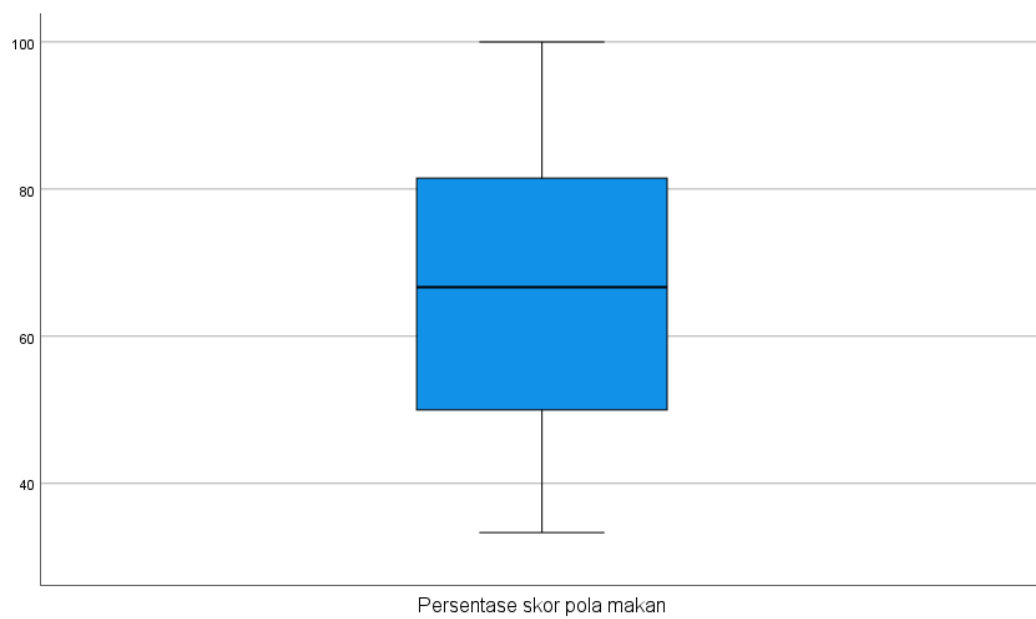
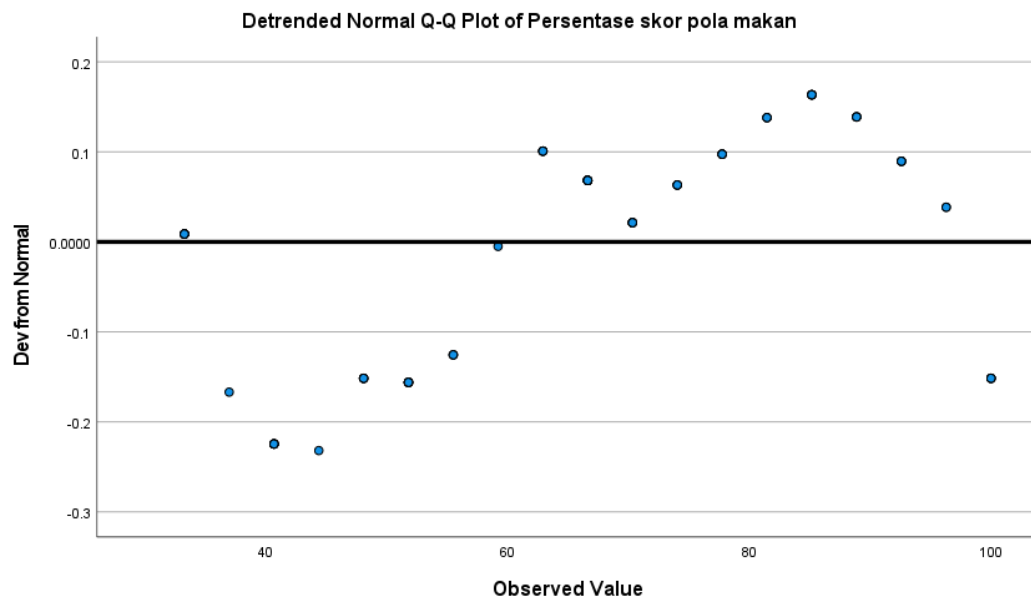


Persentase skor pola makan Stem-and-Leaf Plot

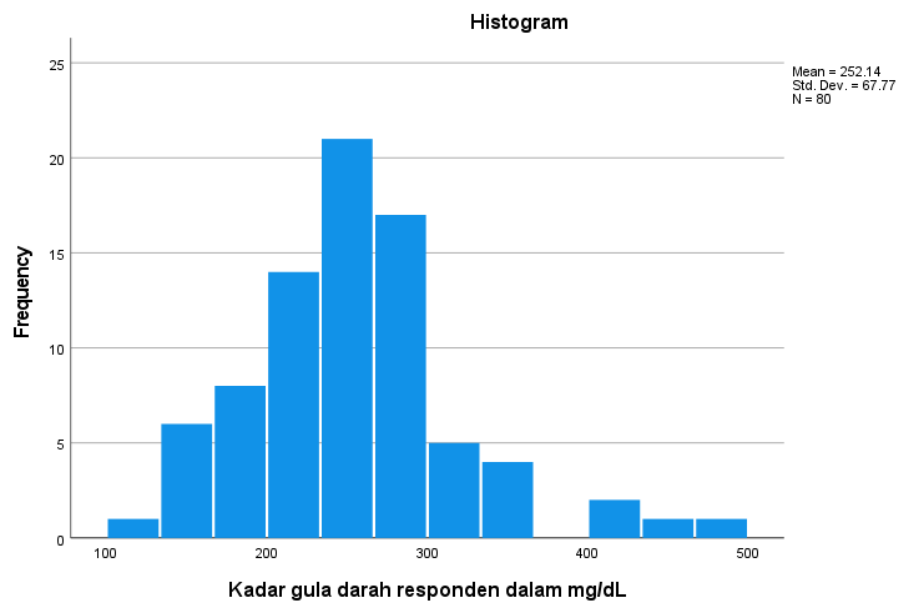
| Frequency | Stem & Leaf        |
|-----------|--------------------|
| 8,00      | 3 . 3333337        |
| 12,00     | 4 . 000000048888   |
| 10,00     | 5 . 1111115559     |
| 14,00     | 6 . 22226666666666 |
| 14,00     | 7 . 00000444477777 |
| 12,00     | 8 . 111555558888   |
| 6,00      | 9 . 222266         |
| 4,00      | 10 . 0000          |

Stem width: 10,00  
Each leaf: 1 case(s)





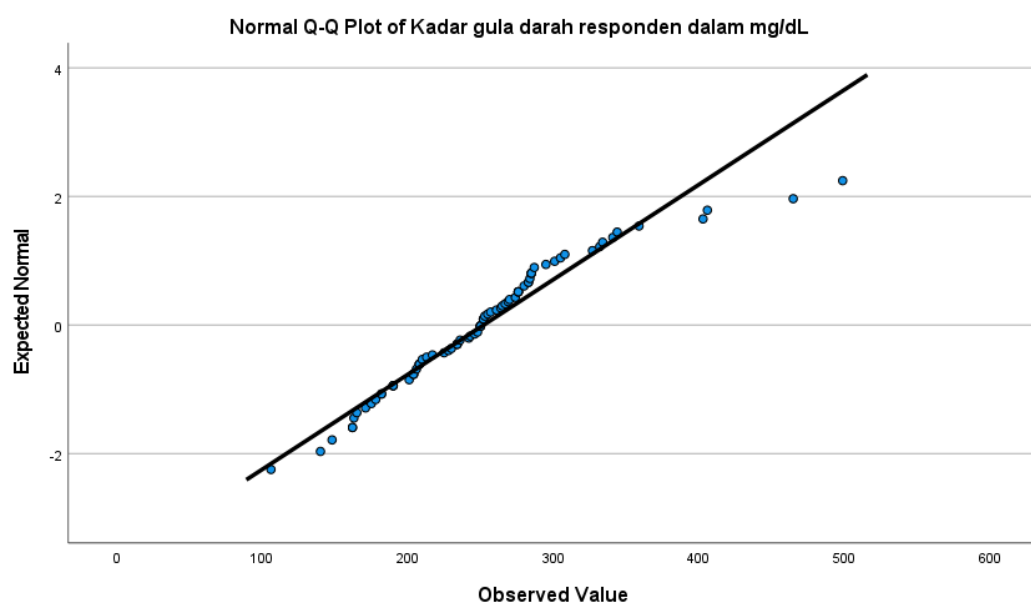
**Kadar gula darah responden dalam mg/dL**

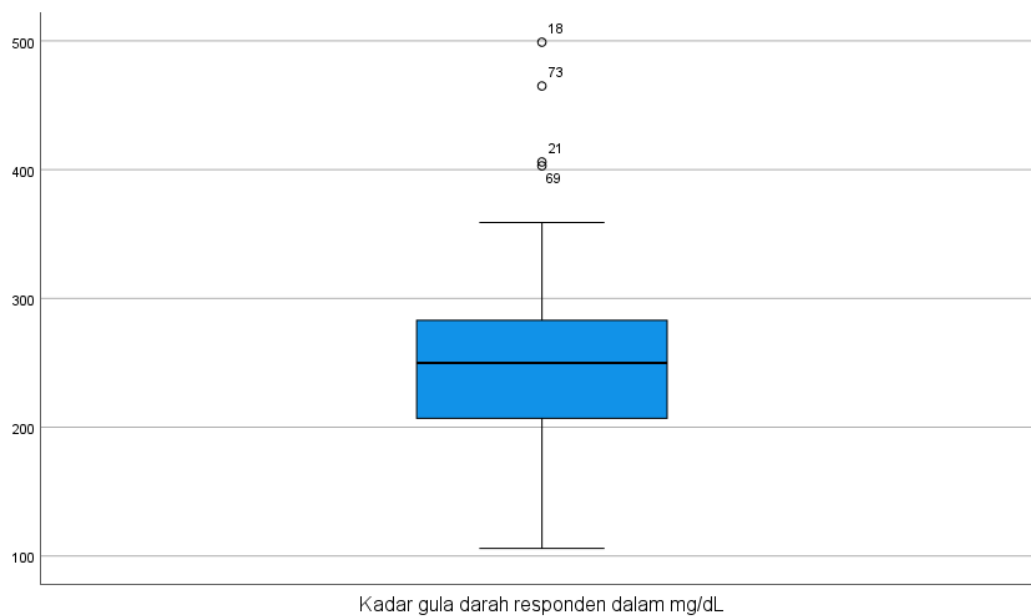
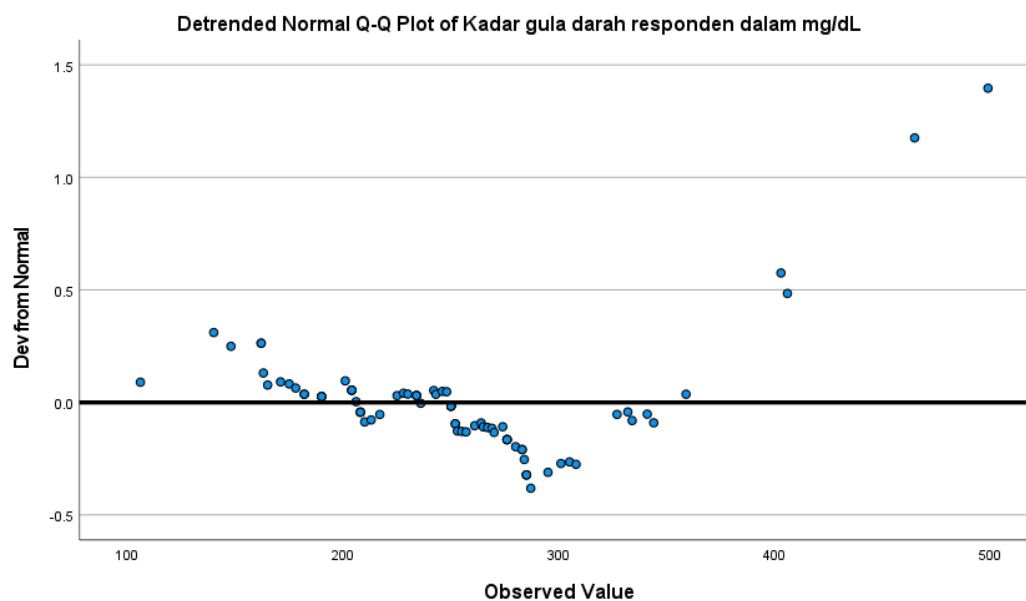


Kadar gula darah responden dalam mg/dL Stem-and-Leaf Plot

| Frequency | Stem     | Leaf                           |
|-----------|----------|--------------------------------|
| 3,00      | 1        | . 044                          |
| 12,00     | 1        | . 666677788999                 |
| 22,00     | 2        | . 000000001112233334444        |
| 30,00     | 2        | . 5555555556666677777788888889 |
| 8,00      | 3        | . 00023344                     |
| 1,00      | 3        | . 5                            |
| 4,00      | Extremes | (>=403)                        |

Stem width: 100  
Each leaf: 1 case(s)





```

NONPAR CORR
/VARIABLES=KGD_mg_dL Persen_Pola_Makan
/PRINT=SPEARMAN TWOTAIL NOSIG FULL
/MISSING=PAIRWISE.

```

#### Nonparametric Correlations

| Notes          |                      |
|----------------|----------------------|
| Output Created | 11-JUN-2026 15:46:27 |
| Comments       |                      |

|                                |                         |                                                                                                                         |
|--------------------------------|-------------------------|-------------------------------------------------------------------------------------------------------------------------|
| Input                          | Data                    | C:\Users\ASUS\Downloads\MASTER DATA SPSS ELIKA.sav                                                                      |
|                                | Active Dataset          | DataSet0                                                                                                                |
|                                | Filter                  | <none>                                                                                                                  |
|                                | Weight                  | <none>                                                                                                                  |
|                                | Split File              | <none>                                                                                                                  |
| N of Rows in Working Data File |                         | 80                                                                                                                      |
| Missing Value Handling         | Definition of Missing   | User-defined missing values are treated as missing.                                                                     |
|                                | Cases Used              | Statistics for each pair of variables are based on all the cases with valid data for that pair.                         |
| Syntax                         |                         | NONPAR CORR<br>/VARIABLES=KGD mg dL<br>Persen_Pola_Makan<br>/PRINT=SPEARMAN TWOTAIL<br>NOSIG FULL<br>/MISSING=PAIRWISE. |
| Resources                      | Processor Time          | 00:00:00,00                                                                                                             |
|                                | Elapsed Time            | 00:00:00,02                                                                                                             |
|                                | Number of Cases Allowed | 629145 cases <sup>a</sup>                                                                                               |

a. Based on availability of workspace memory

#### Correlations

|                |                                        | Kadar gula darah responden dalam mg/dL |         | Persentase skor pola makan |
|----------------|----------------------------------------|----------------------------------------|---------|----------------------------|
| Spearman's rho | Kadar gula darah responden dalam mg/dL | Correlation Coefficient                | 1.000   | -.650**                    |
|                |                                        | Sig. (2-tailed)                        | .       | .000                       |
|                |                                        | N                                      | 80      | 80                         |
|                | Persentase skor pola makan             | Correlation Coefficient                | -.650** | 1.000                      |
|                |                                        | Sig. (2-tailed)                        | .000    | .                          |
|                |                                        | N                                      | 80      | 80                         |

\*\*, Correlation is significant at the 0.01 level (2-tailed).

```

CROSSTABS
/TABLES=Kategori_Pola_Code BY KGD_Kat
/FORMAT=AVALUE TABLES
/STATISTICS=CHISQ PHI
/CELLS=COUNT EXPECTED ROW COLUMN
/ROUND CELL.

```

#### Crosstabs

##### Notes

|                                |                       |                                                     |
|--------------------------------|-----------------------|-----------------------------------------------------|
| Output Created                 |                       | 11-JUN-2026 15:46:51                                |
| Comments                       |                       |                                                     |
| Input                          | Data                  | C:\Users\ASUS\Downloads\MASTER DATA SPSS ELIKA.sav  |
|                                | Active Dataset        | DataSet0                                            |
|                                | Filter                | <none>                                              |
|                                | Weight                | <none>                                              |
|                                | Split File            | <none>                                              |
| N of Rows in Working Data File |                       | 80                                                  |
| Missing Value Handling         | Definition of Missing | User-defined missing values are treated as missing. |

|            |                      |                                                                                                                                                                |
|------------|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cases Used |                      | Statistics for each table are based on all the cases with valid data in the specified range(s) for all variables in each table.                                |
| Syntax     |                      | CROSSTABS<br>/TABLES=Kategori Pola Code BY KGD Kat<br>/FORMAT=AVALUE TABLES<br>/STATISTICS=CHISQ PHI<br>/CELLS=COUNT EXPECTED ROW COLUMN<br>/COUNT ROUND CELL. |
| Resources  | Processor Time       | 00:00:00,02                                                                                                                                                    |
|            | Elapsed Time         | 00:00:00,05                                                                                                                                                    |
|            | Dimensions Requested | 2                                                                                                                                                              |
|            | Cells Available      | 524245                                                                                                                                                         |

#### Case Processing Summary

|                                                            | Valid |         | Cases Missing |         | Total |         |
|------------------------------------------------------------|-------|---------|---------------|---------|-------|---------|
|                                                            | N     | Percent | N             | Percent | N     | Percent |
| Kategori pola makan dalam kode * Kategori kadar gula darah | 80    | 100.0%  | 0             | 0.0%    | 80    | 100.0%  |

#### Kategori pola makan dalam kode \* Kategori kadar gula darah Crosstabulation

|                                |             | Kategori kadar gula darah               |                     |
|--------------------------------|-------------|-----------------------------------------|---------------------|
|                                |             | Normal (<200 mg/dL)                     | Tinggi (≥200 mg/dL) |
| Kategori pola makan dalam kode | Kurang baik | Count                                   | 1                   |
|                                |             | Expected Count                          | 4.9                 |
|                                |             | % within Kategori pola makan dalam kode | 3.8%                |
|                                |             | % within Kategori kadar gula darah      | 6.7%                |
|                                | Cukup       | Count                                   | 2                   |
|                                |             | Expected Count                          | 4.9                 |
|                                |             | % within Kategori pola makan dalam kode | 7.7%                |
|                                |             | % within Kategori kadar gula darah      | 13.3%               |
|                                | Baik        | Count                                   | 12                  |
|                                |             | Expected Count                          | 5.3                 |
|                                |             | % within Kategori pola makan dalam kode | 42.9%               |
|                                |             | % within Kategori kadar gula darah      | 80.0%               |
| Total                          |             | Count                                   | 15                  |
|                                |             | Expected Count                          | 15.0                |
|                                |             | % within Kategori pola makan dalam kode | 18.8%               |
|                                |             | % within Kategori kadar gula darah      | 100.0%              |

#### Kategori pola makan dalam kode \* Kategori kadar gula darah Crosstabulation

|                                |             | Total                                   |
|--------------------------------|-------------|-----------------------------------------|
| Kategori pola makan dalam kode | Kurang baik | Count                                   |
|                                |             | 26                                      |
|                                |             | Expected Count                          |
|                                |             | 26.0                                    |
|                                | Cukup       | % within Kategori pola makan dalam kode |
|                                |             | 100.0%                                  |
|                                |             | % within Kategori kadar gula darah      |
|                                |             | 32.5%                                   |
|                                | Baik        | Count                                   |
|                                |             | 26                                      |
|                                |             | Expected Count                          |
|                                |             | 26.0                                    |
|                                |             | % within Kategori pola makan dalam kode |
|                                |             | 100.0%                                  |
|                                |             | % within Kategori kadar gula darah      |
|                                |             | 32.5%                                   |
|                                |             | Count                                   |
|                                |             | 28                                      |
|                                |             | Expected Count                          |
|                                |             | 28.0                                    |
|                                |             | % within Kategori pola makan dalam kode |
|                                |             | 100.0%                                  |
|                                |             | % within Kategori kadar gula darah      |
|                                |             | 35.0%                                   |

|       |                                         |        |
|-------|-----------------------------------------|--------|
| Total | Count                                   | 80     |
|       | Expected Count                          | 80.0   |
|       | % within Kategori pola makan dalam kode | 100.0% |
|       | % within Kategori kadar gula darah      | 100.0% |

#### Chi-Square Tests

|                              | Value               | df | Asymptotic<br>Significance (2-<br>sided) |
|------------------------------|---------------------|----|------------------------------------------|
| Pearson Chi-Square           | 16.559 <sup>a</sup> | 2  | .000                                     |
| Likelihood Ratio             | 16.390              | 2  | .000                                     |
| Linear-by-Linear Association | 13.564              | 1  | .000                                     |
| N of Valid Cases             | 80                  |    |                                          |

a. 2 cells (33.3%) have expected count less than 5. The minimum expected count is 4.88.

#### Symmetric Measures

|                    |            | Value | Approximate<br>Significance |
|--------------------|------------|-------|-----------------------------|
| Nominal by Nominal | Phi        | .455  | .000                        |
|                    | Cramer's V | .455  | .000                        |
| N of Valid Cases   |            | 80    |                             |

## Lampiran 6 Dokumentasi Penelitian



## Lampiran 7 EC



**Kementerian Kesehatan**  
**Poltekkes Medan**  
 Komisi Etik Penelitian Kesehatan  
 Jalan Jamin Ginting KM. 13,5  
 Medan, Sumatera Utara 20137  
 (061) 8368633  
<https://poltekkes-medan.ac.id>

**KETERANGAN LAYAK ETIK**  
*DESCRIPTION OF ETHICAL APPROVAL*  
 "ETHICAL APPROVAL"

No.01.26.3892/KEPK/POLTEKKES KEMENKES MEDAN 2026

Protokol penelitian versi 1 yang diusulkan oleh :  
*The research protocol proposed by*

**Peneliti utama** : Erika Dwi Putri  
*Principal In Investigator*

**Nama Institusi** : Poltekkes Kemenkes Medan  
*Name of the Institution*

Dengan judul:  
*Title*

**"Hubungan antara pola makan dengan kadar gula darah pada pasien diabetes melitus di puskesmas kalangan kabupaten tapanuli tengah"**

*"The relationship between dietary patterns and blood sugar levels in patients with diabetes mellitus at the Kalangan Community Health Center, Central Tapanuli Regency."*

Dinyatakan layak etik sesuai 7 (tujuh) Standar WHO 2011, yaitu 1) Nilai Sosial, 2) Nilai Ilmiah, 3) Pemerataan Beban dan Manfaat, 4) Risiko, 5) Bujukan/Eksploitasi, 6) Kerahasiaan dan Privacy, dan 7) Persetujuan Setelah Penjelasan, yang merujuk pada Pedoman CIOMS 2016. Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator setiap standar.

*Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 Standards, 1) Social Values, 2) Scientific Values, 3) Equitable Assessment and Benefits, 4) Risks, 5) Persuasion/Exploitation, 6) Confidentiality and Privacy, and 7) Informed Consent, referring to the 2016 CIOMS Guidelines. This is as indicated by the fulfillment of the indicators of each standard.*

Pernyataan Laik Etik ini berlaku selama kurun waktu tanggal 15 September 2026 sampai dengan tanggal 15 September 2027.

*This declaration of ethics applies during the period September 15, 2026 until September 15, 2027.*

September 15, 2026  
 Chairperson,



Dr. Lestari Rahmah, MKT

## Lampiran 8 Kartu Bimbingan

POLITEKNIK KESEHATAN  
JURUSAN FARMASI  
JL. AIRLANGGA NO. 20 MEDAN

**KARTU LAPORAN PERTEMUAN BIMBINGAN KTI  
MAHASISWA TA. 2025/2026**

Nama : Erika Dwi Putri Siregar

NIM : P07539022217

Pembimbing : Dr. Jhonson P. Sihombing, S.Si., M.Sc. Apt



| NO | TGL        | PERTEMUAN | PEMBAHASAN                  | PARAF MAHASISWA | PARAF PEMBIMBING |
|----|------------|-----------|-----------------------------|-----------------|------------------|
| 1  | 13/11/2025 | 1         | bimbingan judul uti         |                 |                  |
| 2  | 26/11/2025 | 2         | bimbingan proposal uti      |                 |                  |
| 3  | 17/01/2026 | 3         | revisi dan disus. proposal  |                 |                  |
| 4  | 27/01/2026 | 4         | bimbingan proposal + acc    |                 |                  |
| 5  | 6/02/2026  | 5         | persiapan seminar proposal  |                 |                  |
| 6  | 9/02/2026  | 6         | bimbingan persiapan seminar |                 |                  |
| 7  | 15/05/2026 | 7         | disus. Etnografi hasil      |                 |                  |
| 8  | 17/05/2026 | 8         | disus. Etnografi hasil      |                 |                  |
| 9  | 12/05/2026 | 9         | bimbingan persiapan         |                 |                  |
| 10 | 6/07/2026  | 10        | bimbingan bab IV dan V      |                 |                  |
| 11 | 10/07/2026 | 11        | revisi Etnografi hasil      |                 |                  |
| 12 | 15/07/2026 | 12        | Acc akhir uti               |                 |                  |

Ketua  
Kamarkas  
Nadroh Br. Sitepu, M.Si., Apt.  
Nip. 198007112015032002

## Lampiran 9 Hasil Turnitin

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| KARYA TULIS ILMIAH ELIKA FIX 11.pdf | 77 Page            |
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