

## ABSTRAK

Witohendro Abiezer Ibnea. 2023. Hubungan *Diabetes Specific Self-esteem* Dengan Perilaku Kepatuhan Diet pada Individu Dewasa Awal Pengidap Diabetes Mellitus Tipe 2. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *diabetes specific self-esteem* dan perilaku kepatuhan diet pada individu dewasa awal pengidap diabetes tipe 2. Hipotesis pada penelitian ini adalah terdapat hubungan positif antara *diabetes specific self-esteem* dengan perilaku kepatuhan diet. Partisipan penelitian berjumlah 42 individu dewasa awal dan telah menyelesaikan kuesioner secara *online*. Pengambilan data dilakukan secara *online* dengan menggunakan alat ukur *Diabetes specific self-esteem scale* dengan koefisien reliabilitas sebesar 0,751 dan *Diabetes Adherence Assessment Scale* dengan koefisien reliabilitas sebesar 0,804. Berdasarkan hasil uji normalitas, variabel *diabetes specific self-esteem* memperoleh nilai signifikansi sebesar 0,84 dan kepatuhan diet memperoleh 0,106 sehingga kedua variabel memiliki distribusi data yang normal. Akan tetapi, berdasar hasil uji linearitas ditemukan bahwa kedua variabel dalam penelitian ini tidak linear(0,437). Uji analisis data menggunakan uji korelasi non-parametrik Spearman. Hasil penelitian menunjukkan tidak adanya hubungan yang signifikan antara *diabetes specific self-esteem* dengan kepatuhan diet. Berdasarkan hasil uji tersebut hipotesis penelitian ini ditolak.

**Kata kunci:** *self-esteem*, *diabetes specific self-esteem*, diabetes tipe 2, kepatuhan diet.

## ABSTRACT

Witohendro Abiezer Ibnea. 2023. The Relationship between Diabetes Specific Self-esteem and Dietary Compliance Behavior in Young Adults with Type 2 Diabetes Mellitus. Thesis. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This study aims to determine the relationship between diabetes specific self-esteem and dietary adherence behavior in early adults with type 2 diabetes. The hypothesis of this study is that there was a positive relationship between diabetes specific self-esteem and dietary adherence behavior. The study participants totaled 42 early adult individuals and had completed an online questionnaire. Data collection was conducted online using the Diabetes specific self-esteem scale with a reliability coefficient of 0.751 and the Diabetes Adherence Assessment Scale with a reliability coefficient of 0.804. Based on the results of the normality test, the diabetes specific self-esteem variable obtained a significance value of 0.84 and diet adherence obtained 0.106 so that both variables had normal data distribution. However, based on the results of the linearity test, it was found that the two variables in this study were not linear (0.437). The data analysis test used Spearman's non-parametric correlation test. The results showed no significant relationship between diabetes specific self-esteem and dietary adherence. Based on the test results, the hypothesis of this study was rejected.

**Keyword:** *self-esteem, diabetes specific self-esteem, type 2 diabetes ,diet adherence, young adult*