

Thesis Title	Influencing Factors of Nutritional Health Promoting Behaviors among Adults with Type 2 Diabetes in Jakarta, Indonesia
Author	Mrs. Lestari Sukmarini
Major Program	Nursing Science (International Program)
Academic Year	2006

ABSTRACT

This descriptive research aimed to explore nutritional health promoting behaviors (NHPB) among adult patients with type 2 diabetes in Jakarta-Indonesia and to examine whether perceived benefits of NHPB, perceived barriers of NHPB, and social support were predictors among type 2 diabetes patients in the multiple regression model when controlled for possible confounding factors (age, gender, ethnic, education, income). Purposive sampling technique was employed with 130 type 2 diabetes patients who attended the outpatient department of Cipto Mangunkusumo Hospital and Islamic Hospital Pondok Kopi, Jakarta in determining the results of this study. The subjects completed questionnaires that were validated by three experts and tested for reliability with Cronbach's alpha coefficient. The set of questionnaires comprised a nutritional health promoting behavior questionnaire ($\alpha = .86$), modified diabetes social support questionnaire ($\alpha = .88$), perceived benefits of NHPB questionnaire ($\alpha = .78$), perceived barriers of NHPB questionnaire ($\alpha = .82$), and 24 hour dietary recall. Data was analyzed using descriptive statistics, independent *t*-test, Pearson's product moment correlation, and multiple regression analysis.

The findings revealed that the subjects' nutritional health promoting behaviors were at a moderate level. Most of the subjects consumed a total amount of energy, fat, and carbohydrate less than required, but took protein at a higher level than needed. Perceived benefits, social support, education, and income had significantly positive associations with nutritional health promoting behaviors. In the multiple regression model, perceived benefits and social support could explain 4% variance of NHPB when each of them was a single variable in the model. However, in the same model, perceived benefits, social support, education, and income as independent variables regressed together none of them was a significant predictor of NHPB.

Overall, these findings partially supported the validity of the theoretical model of Pender that perceived benefits and social support were related to nutritional health promoting behaviors in type 2 diabetes patients.