

## CHAPTER 3

### RESEARCH METHODOLOGY

This chapter describes the research design, population and setting, sample and sampling, instruments, protection of human rights, data collection, and data analysis of the study.

#### *Research Design*

This study is a descriptive design, purposing to identify nutritional health promoting behaviors and to predict the influencing factors on NHPB among type 2 diabetes patients.

#### *Population and Setting*

The target population is type 2 diabetes patients who attended outpatient department (OPD). Cipto Mangunkusumo Hospital, and Islamic Hospital Pondok Kopi were identified as research settings. There are many tertiary and secondary hospitals in Jakarta; however, only those two hospitals were selected as research setting based on the following reasons.

Cipto Mangunkusumo Hospital, which is located in central of Jakarta, is the top referral hospital in Indonesia and as teaching hospital as well. The hospital is the main target since it has numerous patients from many places, particularly type 2 diabetes patients. Likewise, Islamic Hospital Pondok Kopi; it is the private hospital in East Jakarta. It has also a quite big number of diabetic patients. These hospitals gave effortless access as the investigator has connection with these two hospitals, providing possibility and cooperation for data collection. In addition, they are representative settings in order to get eligible samples who come from five districts in Jakarta.

#### *Sample and Sampling*

##### *Sample size*

The sample size in this study was expected by using Thorndike's formula: (Thorndike, 1978, as cited in Wiriyawattana, P., 2002: 52)

$$n \geq (10 k) + 50$$

n is sample size, k is the number of independent variables (8 variables), that gives the calculates sample size of at least 130 participants.