

CONTENTS

	Page
CONTENTS.....	vi
LIST OF TABLES.....	ix
LIST OF FIGURES	x
CHAPTER	
1. INTRODUCTION	1
Background and Significance of the Problem	1
Objectives	3
Research Questions	3
Theoretical Framework	3
Hypothesis	5
Definition of Terms	5
Significance of the Study	5
2. LITERATURE REVIEW	6
Overview of type 2 Diabetes	6
Definition	6
Signs and symptoms.....	7
Pathogenesis	7
Complications	7
Management	8
The Pender's Health Promotion Model (HPM).....	9
Nutritional Health Promoting Behaviors (NHPB) in type 2 Diabetes Patients	13
Definition of NHPB.....	13
Dimensions of NHPB	13
Indonesian eating behaviors.....	17
Influencing Factors of Nutritional Health Promoting Behaviors (NHPB) among type 2 Diabetes Patients	17
Summary	21

CONTENTS (continued)

3. RESEARCH METHODOLOGY	23
Research Design	23
Population and Setting	23
Sample and Sampling	23
Sample size	23
Sampling method	24
Instruments	24
Protection of Human Rights	27
Data Collection	27
Data analysis	28
4. RESULTS & DISCUSSION	29
Results	29
Subjects' characteristics	29
Distribution of nutritional health promoting behaviors (NHPB), perceived benefits of NHPB, perceived barriers of NHPB, and social support.....	34
Description of daily calorie consumption	35
Associations of the selected factors with nutritional health promoting behaviors	36
Factors associated with NHPB in the enter regression model.....	38
Discussions.....	39
Subjects' characteristics	39
Description of nutritional health promoting behaviors (NHPB) among patients with type 2 diabetes	41
Relationships of possible influencing factors with nutritional health promoting behaviors	42
Factors influencing nutritional health promoting behaviors in the multiple regression model.....	44

CONTENTS (continued)

5. CONCLUSIONS & RECOMMENDATIONS	46
Summary of Study Findings	46
Limitations	46
Implications and Recommendations	47
Nursing Practice	47
Nursing Research.....	47
REFERENCES	48
APPENDIX	57
A: Tables.....	58
B: Informed Consent Form.....	64
C: Instruments	65
D: List of Experts	75
VITAE ...	76

LIST OF TABLES

Tables	Page
1	Frequency and percentage of subjects categorized by their demographic characteristics..... 30
2	Frequency and percentage of patients' health characteristics..... 32
3	Range of possible score, range of actual score, mean, standard deviation, coefficients of variance (<i>CV</i>), skewness, average of mean, and level of NHPB and its dimensions 34
4	Range of possible score, range of actual score, mean, standard deviation, coefficients of variance (<i>CV</i>), skewness of perceived benefits, perceived barriers, and social support 35
5	Distribution of daily calorie intake of subjects estimated by 24-hour dietary recall 35
6	The frequency and percentage of subjects consumed total calorie classified by total energy, intake of protein, fat, carbohydrate within 24 hours 36
7	The differences of NHPB between the subjects with regard to gender, ethnic, level of education, and level of income 37
8	Pearson's product moment correlation coefficients among influencing factors and nutritional health promoting behaviors of type 2 diabetes patients 38
9	Summary of regression analysis for variables predicting nutritional health promoting behaviors 39
A1	The percentages of NHPB in each item 58
A2	The percentages of social support in each item 60
A3	The percentages of perceived benefits of NHPB in each item 62
A4	The percentages of perceived barriers of NHPB in each item 63

LIST OF FIGURES

Figure		Page
1	Study framework of the study	4
2	The revised Health Promotion Model	12