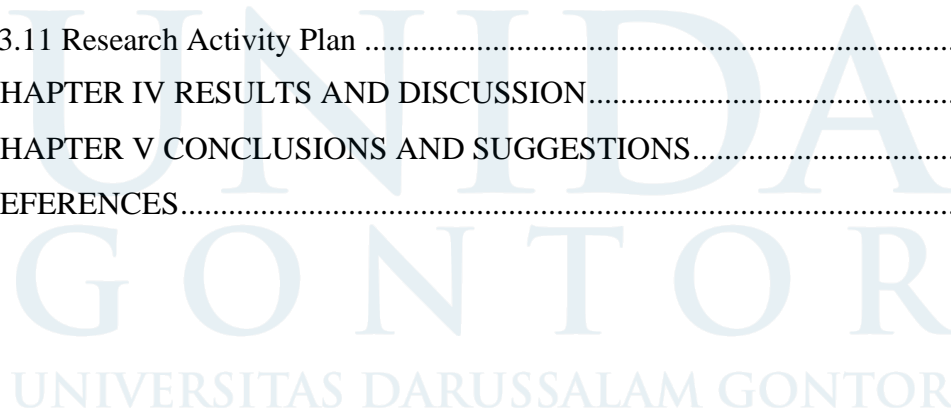


## TABLE OF CONTENTS

	Page
APPROVAL SHEET.....	i
VALIDITY SHEET.....	ii
ABSTRAK.....	iii
ABSTRACT.....	iv
ACKNOWLEDGEMENT.....	v
TABLE OF CONTENTS.....	vii
LIST OF FIGURES.....	ix
LIST OF TABLES.....	x
AUTHENTICITY STATEMENT.....	xi
CHAPTER 1 INTRODUCTION.....	1
1.1 The Background of The Study.....	1
1.2 The Research Questions.....	2
1.3 The Objective of The Study.....	3
1.4 The Significance of The Study.....	3
1.5 Research Authenticity.....	3
CHAPTER II OVERVIEW.....	6
2.1 Theoretical Foundation.....	6
2.1.1 Diabetes Melitus.....	6
2.1.2 Clinical Manifestations.....	7
2.1.3 Classification and Pathophysiology of Diabetes Melitus.....	8
2.1.4 Epidemiology of Patients at Risk of DM.....	10
2.1.5 Risk Factors for DM Occurrence.....	10
2.1.6 Complications of DM disease.....	14
2.1.7 DM Treatment Therapy.....	20
2.1.8 Diabetes Management.....	30
2.2 Theoretical Framework.....	33
2.3 Conceptual Framework.....	34

CHAPTER III RESEARCH METHODS .....	35
3.1 Research Design .....	35
3.2 Place and Time of Research .....	35
3.3 Research Population and Sample.....	35
3.3.1 Population .....	35
3.3.2 Sample .....	36
3.5 Operational Definition .....	38
3.6 Tools and Materials .....	40
3.7 Ethical Clearance .....	40
3.8 Research Procedures .....	41
3.8.1 Preparation .....	41
3.8.2 Data Collection .....	41
3.8.3 Data processing.....	41
1. Editing .....	42
2. Coding .....	42
3. Data entry .....	42
4. Cleaning.....	42
3.9 Data Analysis.....	42
3.10 Research Flowchart .....	43
3.11 Research Activity Plan .....	43
CHAPTER IV RESULTS AND DISCUSSION.....	45
CHAPTER V CONCLUSIONS AND SUGGESTIONS.....	92
REFERENCES.....	94



## LIST OF FIGURES

	Page
Figure 1 Healthy Lifestyle Modification.....	30
Figure 2 Theoretical Framework.....	33
Figure 3 Conceptual Framework.....	34
Figure 4 Research Flowchart .....	43
Figure 5 Fasting Blood Sugar Level .....	69



## LIST OF TABLES

	Page
Table 1 Research Authenticity .....	4
Table 2 Criteria for Diagnosis of Diabetes .....	6
Table 3 Signs and Symptoms of Hypoglycaemia .....	15
Table 4 DM Control Goals.....	20
Table 5 Classification of Insulin Preparations Based on Start and Period of Action .	21
Table 6 Profile of Oral Antidiabetic Drugs Used in Indonesia.....	26
Table 7 Operational Definition .....	38
Table 8 Research Activity Plan.....	43
Table 9 Patient Characteristics Based on Gender .....	45
Table 10 Patient Characteristics Based on Age .....	46
Table 11 Comorbidity Distribution Profile.....	48
Table 12 Previous Month's Laboratory Test Result Profile .....	51
Table 13 Laboratory Test Result Profile For The Following Month.....	52
Table 14 Normal/ Abnormal Results of Before-After Month Examination .....	55
Table 15 Antidiabetic Drug Use Profile.....	56
Table 16 Antidiabetic Length of Use Profile .....	61
Table 17 Distribution Profile of Oral Antidiabetic Usage Based on Dosage .....	62
Table 18 Insulin Distribution Profile by Dose .....	64
Table 19 Antidiabetic Profile in Fasting Blood Sugar Level Reduction .....	71
Table 20 Antidiabetic Profile in Elevated Fasting Blood Sugar Levels .....	72
Table 21 Knowledge On How To Use Antidiabetics.....	79
Table 22 Aspects of Medication Adherence .....	80
Table 23 Side Effects of Using Antidiabetics.....	81
Table 24 Follow Up Drug Side Effects 1 .....	84
Table 25 Follow-Up Side Effects 2.....	85
Table 26 Mind Load (Stress) Factor .....	86
Table 27 Herbal Medicine Consumption .....	87
Table 28 Physical Activity .....	88
Table 29 DM Diet control.....	89