

Self-Control Therapy on the Dietary Behavior of Adolescents with Type 1 Diabetes Mellitus

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Adolescents with Type 1 Diabetes Mellitus (DM-1) usually show a lack of responsibility to maintain their healthy lifestyle, especially the obedience in controlling their dietary behavior. The main factor of this disobedience is lack of self control and self-endurance. This research was aimed to see the impact of self-control therapy on dietary behavior. The applied self control therapy was the reformative type to alter the lifestyle, the behavior patterns, and the destructive habits directly. Participants were two adolescents with DM-1, aged 15 and 22 years old participants, who were obtained through a snowball sampling technique. The questionnaire, which was based on the self control and the records of the dietary behaviors before, during and after therapy, was used to collect the data. The results showed that the self control therapy has a significant impact in helping the adolescents with DM-1 to alter their behavior towards a better diet.

Keywords: dietary behavior, self control therapy, adolescents, DM-1

Remaja penyandang Diabetes Mellitus Tipe 1 (DM 1) umumnya menunjukkan kurang bertanggung jawab mengupayakan gaya hidup sehat, terutama kepatuhan dalam mengendalikan perilaku makannya. Faktor utama ketakpatuhan ini adalah kurangnya kendali diri dan ketahanan diri. Penelitian ini bertujuan melihat dampak terapi kendali diri terhadap perilaku makan. Terapi kendali diri terpakai adalah jenis reformatif untuk mengubah gaya hidup, pola perilaku, dan kebiasaan buruk secara langsung. Para peserta adalah dua orang remaja penyandang DM 1, berusia 15 dan 22 tahun yang diperoleh memakai teknik sampling bola salju. Peserta penelitian ini diperoleh memakai teknik snowball. Kuesioner yang didasarkan pada kendali diri dan catatan perilaku makan sebelumnya, terapi selama dan sesudah terapi, dipakai untuk memperoleh data. Hasil-hasil menunjukkan bahwa terapi kendali diri memiliki dampak signifikan dalam membantu remaja penyandang DM 1 untuk mengubah perilaku ke diet yang lebih baik.

Kata kunci: perilaku makan, terapi kendali diri, remaja, DM 1

People still consider Diabetes Mellitus Type 1 (DM-1) as a hereditary disease rather than life style disease. In the past, people thought that only the elderly were liable to DM-1. However, nowadays, almost anybody are also liable even children. It is estimated that 10-20% of all diabetic patients worldwide are suffered by children and adolescents. Based on a DM-1 survey conducted by Tjokropawiro (2002) in 1986 through urine screening test on 18.118 childrens aged between 6 to 20 years old, the prevalence of DM-1 among children 6 to 10 years old was 0.07%, between 11 to 15 years old 0.20%, between 16 to 20 years old

was 0.60% and the overall prevalence was 0.26%. Children or adolescents suffering from DM-1, are also called diabetes mellitus of children or juveniles. In cases of patients with DM-1, 90% of beta cells which produce the insulin cells suffer a permanent damage. This condition causes a severe shortage of insulin production that forces the patient to get insulin regularly.

DM-1 is a chronic disease. It often makes the patients feel helpless as if he/she is no longer able to change his/her future. This kind of feeling occurs due to many reasons, such as: "healing" and "relapse", and possibly because of physical deterioration resulting from the illness (Miller as cited in Soeharjono, Tjokropawiro, & Adi, 2002). It requires both physical and psychological adjustments for the patients, including the children or the adolescents. That is why, the children or adoles-

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