

**UNIVERSITI TEKNOLOGI MARA**

**FACTORS FOR NON-COMPLIANCE  
TO DIABETIC DIET AMONG YPE 2  
DIABETES MELLITUS PATIENTS**

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Thesis submitted in fulfillment of the requirement for the  
degree of

Bachelor of Nutrition & Dietetics (Hons)

**FACULTY OF HEALTH SCIENCES**

**January 2016**

## AUTHOR'S DECLARATION

I declare that the work in this thesis/dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the result of my own work, unless otherwise indicated or acknowledge as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

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
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## ABSTRACT

Type 2 Diabetes Mellitus is a common health problem all over the world. In order to manage this disease successfully, it requires good lifestyle modification that include frequent self-monitoring blood glucose, exercise, dietary modification and proper medications intake. Out of these recommendations, dietary recommendation is the most important part that patients have to follow properly besides taking medications. Diabetes patients usually require dietary counseling that will help them to select the right quantity and type of foods so that they can take balanced diet. However, the adherence to dietary management is the problem among peoples with diabetes. The purpose of the study was to identify the factors for non-compliance to diabetic diet and also to determine the relationship between demographic characteristic and factor of non compliance to diabetic diet among Type 2 Diabetes Mellitus. A cross sectional study was conducted in Klinik Kesihatan Shah Alam, Selangor. Convenience sampling method was carried out for the selection of 235 patients who had type 2 diabetes mellitus. The data was collected by face to face interview questionnaire. The overall of dietary non compliance of respondents was 211 patients which were 89.8% while patients that compliance to dietary was only 24 patients which were 10.2 %. There were three factors that have been identified as the highest frequency. The factors were eating out 140 (59.6%), inappropriate dietary habits 151 (64.3%) and granting self permission 125 (53.2%). Eating out found to be significantly associated with demographic characteristic (gender, employment status and educational level) which the p-values were 0.001 respectively. The rest of the factor had no significant association with demographic except social and emotion support from family and friends. There were significant relationship between family support and friends support with gender in which the p-value was 0.016 and 0.10 respectively. In conclusion, the rate of non compliance was high and there were several factors that have been identified as the barrier or reasons why patients do not comply to diabetic diet.

**Keywords:** *non-compliance, type 2 diabetes mellitus, diabetic diet and demographic characteristics*

## **CHAPTER ONE**

### **INTRODUCTION**

#### **1.1 BACKGROUND OF STUDY**

Type 2 Diabetes Mellitus is the most common form of diabetes and constitutes the majority of cases in the world. Diabetes is a condition where the body does not produce enough insulin. Diabetes mellitus had many complications if it did not treat well. Generally, Diabetes Mellitus can be treated through medication, diet and exercise. Besides taking medication, compliance to diet also important to control the blood glucose level in the body. A good dietary compliance was useful to reduce the risk of getting any complication that associated with diabetes. However, there were many diabetes patients who do not comply to diabetic diet. Thus, there is the need to study the factor of why diabetes people do not comply to diabetic diet in order to improve patient's quality of life.

#### **1.2 PROBLEM STATEMENT**

Type 2 Diabetes Mellitus is a common health problem all over the world. In order to manage this disease successfully, it requires good lifestyle modification that include frequent self-monitoring blood glucose, exercise, dietary modification and proper medications intake. Out of these recommendations, dietary recommendation is the most important part that patients have to follow properly besides taking medications. Diabetes patients usually require dietary counseling that will help them to select the right quantity and type of foods so that they can take balanced diet. However, the adherence to dietary management is the problem among peoples with diabetes. Patient's adherence to dietary recommendation is very important as proper adherence can help to reduce the risk of complications of diabetes as well as reduce the morbidity and mortality that associated