

PURSUANCE EMOTION DYNAMIC ON DIABETES MELLITUS PATIENT

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ABSTRACT

Diabetes mellitus is a metabolic disease characterized by high levels of glucose in the blood that called hyperglycemia. The high level of blood glucose in diabetic patients is result from defects in insulin action. Diabetes mellitus that uncontrolled can cause acute and chronic complication such as heart diseases, hyperglycemia coma, and hypoglycemia coma. Diabetes mellitus patient must do four things in diabetes management for controlling this disease: monitoring blood level, diet, exercise, and medication.

Diabetes mellitus patient has more difficulties to follow dietary advice than other diabetes mellitus management. One of the reason for diabetes mellitus patient doesn't comply to their dietary advice is their emotional state. Changing in his/her life style if they follow dietary advice can cause negative emotion and conflict on their selves.

This research was qualitative research. The researcher used indepth interview as the main instrument.. The subjects were one woman and two men, age over 45 years old, and had been diagnosed diabetes mellitus for more than six months. Indepth interview with subject's significant others, who guided subjects to do diabetes mellitus management became a way in triangulation. The results of this research showed that three subjects had negative emotion when they followed diet for the first time. They tried to regulate their emotion in order to get homeostatic emotion, so they could follow dietary advice successfully.

Keywords: *diabetes mellitus, compliance, diet, emotion*