

ABSTRAK

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HUBUNGAN POLA MAKAN DAN AKTIVITAS FISIK DENGAN
KADAR GLUKOSA DARAH PENDERITA DIABETES MELITUS
DI PUSKESMAS JAGIR, SURABAYA TAHUN 2025

vii + 102 Halaman + 22 Tabel + 9 Lampiran

Pendahuluan: Diabetes Melitus (DM) adalah suatu kondisi kronis akibat masalah pembuatan atau kerja insulin. Menurut International Diabetes Federation (IDF), jumlah penderita DM di seluruh dunia menjangkau 537 juta orang tahun 2021, dan diperkirakan akan terus meningkat menjadi 643 juta tahun 2030 serta 783 juta tahun 2045. Indonesia menempati peringkat ke-5 sebagai negara dengan jumlah penderita DM tertinggi, dan penyakit ini kini menjadi penyebab kematian ketiga tertinggi di tanah air. DM bisa memicu beragam komplikasi, yaitu stroke, jantung koroner, disfungsi ginjal, luka hingga amputasi. Tiga jenis utama DM, yaitu DMT1, DMT2, dan Diabetes Gestasional. **Tujuan Penelitian:** Menganalisis Hubungan Pola Makan dan Aktivitas Fisik dengan Kadar Glukosa Darah Penderita Diabetes Melitus di Puskesmas Jagir, Surabaya, tahun 2025. **Penelitian:** Penelitian ini mengenakan observasional analitik dengan desain potong lintang, melibatkan 46 responden sebagai sampel. Mengenai variabel pola makan menggunakan kuesioner SQ-FFQ, serta survei aktivitas fisik berdasarkan pengukuran PAL selama 1x24 jam. **Hasil Penelitian:** Pada uji chi-square antara pola makan dengan kadar glukosa darah ($p = 0,01$) serta antara aktivitas fisik dengan kadar glukosa darah ($p = 0,03$). Menunjukkan nilai $p < 0,05$, hubungan signifikan ditunjukkan oleh (H_1) diterima dan (H_0) ditolak. **Kesimpulan:** Sebagian besar responden menunjukkan pola makan yang kurang baik, sebanyak 26 responden (56,5%), serta mayoritas memiliki tingkat aktivitas fisik dalam kategori ringan sebanyak 24 responden (52,2%). **Saran:** Dianjurkan untuk melaksanakan program edukasi dan penelitian lanjutan guna meningkatkan pemahaman, motivasi, serta kepatuhan penderita dalam mengelola perilaku makan berdasarkan prinsip 3J (jumlah, jenis, dan jadwal), serta mendorong pelaksanaan aktivitas jasmani secara rutin.

Kata Kunci: Pola Makan, Aktivitas Fisik, Diabetes Melitus

Daftar bacaan : 6 buku + 39 jurnal ilmiah (2020-2025)

ABSTRACT

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*THE RELATIONSHIP BETWEEN DIET AND PHYSICAL ACTIVITY
WITH BLOOD GLUCOSE LEVELS IN PEOPLE WITH DIABETES MELLITUS
AT THE JAGIR HEALTH CENTER, SURABAYA YEAR 2025*

viii + 102 Pages + 22 Tables + 9 Appendices

Introduction: Diabetes Melitus (DM) is a chronic illness brought on by issues with the function or synthesis of insulin. According to predictions from the International Diabetes Federation (IDF), 537 million people worldwide had diabetes in 2021, and that the figure is anticipated to rise by 2030 to 643 million and by 2045 to 783 million. Currently the third biggest cause of death in Indonesia, which has the fifth-highest number of DM patients is Indonesia. Numerous consequences, as renal failure, coronary heart disease, and stroke, wounds, and amputations, can be brought on by DM. DMT1, DMT2, and Gestational Diabetes are the three primary forms of the disease. **Research Objective:** Analyzing the Connection between Diabetes Mellitus Patients' Blood Glucose Levels and Eating and Exercise Habits at Jagir Health Center in Surabaya in 2025. **Research:** Because of a cross-sectional methodology and an analytical design of observation, this study uses 46 respondents as samples. The SQ-FFQ questionnaire and a physical activity assessment based on 24-hour PAL measurements are used to assess food trends. **Research Findings:** Both the relationship between blood glucose levels and physical activity ($p = 0.03$) and diet patterns ($p = 0.01$) were investigated with a chi-square test. A significant link is indicated by the $p < 0.05$, which indicates that (H_1) is accepted and (H_0) is rejected. Thus, there is a significant relationship between Dietary Patterns and Physical Activity on Blood Glucose Levels in Diabetes Mellitus Sufferer at the Jagir Health Center, Surabaya in 2025. **Conclusion:** Twenty-six (56.5%) of the respondents reported bad eating habits, while twenty-four (52.2%) of the respondents were not physically active. **Suggestion:** To improve patients' comprehension, motivation, and compliance in controlling their eating habits according to the 3J (amount, type, and schedule) principles, as well as to promote the regular practice of physical activities, educational initiatives and additional research are advised.

Keywords: Diet, Physical Activity, Diabetes Mellitus

Reading list : 6 books + 39 scientific journals (2020-2025)