

ABSTRAK

Mayhana Titian Maghfiro

HUBUNGAN KEPATUHAN DIET DAN STATUS GIZI DENGAN KADAR GLUKOSA DARAH PASIEN RAWAT JALAN DIABETES MELITUS TIPE 2 DI RSUD HAJI PROVINSI JAWA TIMUR

xvi + 90 halaman + 10 tabel + 16 lampiran

Diabetes Melitus (DM) merupakan penyakit kronis. Dampak DM seperti hipoglikemia, hiperglikemia, retinopati, neuropati, nefropati, hingga amputasi. RSUD Haji Provinsi Jawa Timur memiliki kunjungan yang tinggi di poli penyakit dalam, utamanya pada penyakit diabetes melitus. Tujuan penelitian ini untuk menganalisis hubungan kepatuhan diet dan status gizi dengan kadar glukosa darah pasien rawat jalan DMT2 di RSUD Haji Provinsi Jawa Timur. Penelitian bersifat observasional analitik dengan desain penelitian *cross sectional*. Sampel penelitian sebanyak 44 pasien, pemilihan pasien menggunakan teknik *accidental sampling*. Penelitian dilakukan mulai Agustus 2024 hingga Februari 2025. Pengumpulan data menggunakan teknik wawancara dan pengisian kuesioner, serta melihat hasil laboratorium yang kemudian dianalisis dengan analisis univariat dan bivariat dengan uji *chi-square* ($p\text{-value} = 0,05$). Hasil penelitian menunjukkan pasien yang tidak melaksanakan diet cenderung memiliki kadar glukosa darah yang tinggi dengan $p\text{-value}$ 0,001, tetapi dengan $p\text{-value}$ 0,941 menunjukkan jika pasien dengan status gizi normal juga dapat memiliki kadar glukosa yang tinggi. Kesimpulannya terdapat hubungan antara kepatuhan diet dengan kadar glukosa darah pasien rawat jalan DMT2 di RSUD Haji Provinsi Jawa Timur dan tidak terdapat hubungan antara status gizi dengan kadar glukosa darah pasien rawat jalan DMT2 di RSUD Haji Provinsi Jawa Timur. Saran untuk pasien DM diharapkan dapat meningkatkan kepatuhan diet 3J, menjaga status gizi, serta rutin memantau kadar glukosa darah.

Kata kunci: Kepatuhan Diet, Status Gizi, Kadar Glukosa Darah

Daftar bacaan : 14 Buku (2006 – 2022)

ABSTRACT

Mayhana Titian Maghfiro

THE RELATIONSHIP BETWEEN DIETARY ADHERENCE AND
NUTRITIONAL STATUS WITH BLOOD GLUCOSE LEVELS OF
OUTPATIENTS WITH TYPE 2 DIABETES MELLITUS AT HAJI HOSPITAL,
EAST JAVA PROVINCE

xvi + 90 pages + 10 tables + 16 appendices

Diabetes Mellitus (DM) is a chronic disease. The impact of DM is such as hypoglycemia, hyperglycemia, retinopathy, neuropathy, nephropathy, and amputation. Hajj Hospital in East Java Province has high visits at the internal medicine poly, especially in diabetes mellitus. The purpose of this study was to analyze the relationship between dietary adherence and nutritional status with blood glucose levels of DMT2 outpatients at Haji Hospital, East Java Province. The research was observational and analytical with a cross sectional research design. The research sample was 44 patients, the selection of patients using accidental sampling techniques. The research was conducted from August 2024 to February 2025. Data collection used interview techniques and questionnaire filling, and looked at laboratory results which were then analyzed with univariate and bivariate analysis with chi-square tests (p -value = 0.05). The results showed that patients who did not adhere to the diet tended to have high blood glucose levels with a p -value of 0.001, but with a p -value of 0.941 showed that patients with normal nutritional status could also have high glucose levels. In conclusion, there was a relationship between dietary adherence and blood glucose levels of DMT2 outpatients at Haji Hospital in East Java Province and there was no relationship between nutritional status and blood glucose levels of DMT2 outpatients at Haji Hospital in East Java Province. Advice for DM patients is expected to improve adherence to the 3J diet, maintain nutritional status, and regularly monitor blood glucose levels.

Keywords: Dietary Adherence, Nutritional Status, Blood Glucose Level

Reading list: 14 Books (2006 – 2022)