

ABSTRAK

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HUBUNGAN GLUKOSA DARAH DAN KOLESTEROL TOTAL PADA
AKSEPTOR KB HORMONAL DI UPTD PUSKESMAS LEMBEYAN
KABUPATEN MAGETAN
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Kontrasepsi hormonal efektif dalam mencegah kehamilan, namun penggunaan jangka panjang dapat mempengaruhi metabolisme tubuh, khususnya kadar glukosa darah dan kolesterol total. Hormon estrogen dan progestin dalam kontrasepsi hormonal dapat mengubah sensitivitas insulin, meningkatkan resistensi insulin, serta mempengaruhi profil lipid dalam darah, yang dapat menyebabkan peningkatan kadar glukosa darah dan kolesterol total. Penelitian ini bertujuan untuk menganalisis hubungan antara kadar glukosa darah puasa dan kolesterol total pada akseptor hormonal di wilayah kerja UPTD Puskesmas Lembeyan, Kabupaten Magetan. Penelitian kuantitatif dengan desain *cross-sectional* dilakukan pada 80 wanita usia 35–45 tahun yang telah menggunakan kontrasepsi hormonal minimal lima tahun. Pengukuran glukosa darah dan kolesterol total dilakukan menggunakan spektrofotometri. Hasil uji korelasi Spearman menunjukkan nilai signifikan $p = 0,141$ artinya tidak ada hubungan yang bermakna antara glukosa darah dan kolesterol total pada akseptor KB hormonal secara statistik ($p > 0,05$).
Kata kunci: glukosa darah, kolesterol total, kontrasepsi hormonal.

ABSTRACT

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ASSOCIATION BETWEEN BLOOD GLUCOSE LEVELS AND TOTAL CHOLESTEROL AMONG HORMONAL CONTRACEPTIVE USERS AT THE REGIONAL TECHNICAL IMPLEMENTATION UNIT OF LEMBAYAN PUBLIC HEALTH CENTER, MAGETAN REGENCY

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Hormonal contraceptives are effective in preventing pregnancy; however, long-term use may impact the body's metabolism, particularly fasting blood glucose and total cholesterol levels. The estrogen and progestin hormones contained in hormonal contraceptives can alter insulin sensitivity, increase insulin resistance, and influence the blood lipid profile, potentially leading to elevated fasting blood glucose and total cholesterol levels. This study aimed to analyze the association between fasting blood glucose and total cholesterol levels among hormonal contraceptive users in the working area of the Regional Technical Implementation Unit of Lembayan Public Health Center, Magetan Regency. A quantitative study with a cross-sectional design was conducted on 80 women aged 35–45 years who had been using hormonal contraceptives for a minimum of five years. Blood glucose and total cholesterol levels were measured using spectrophotometry. The Spearman correlation test yielded a significance value of $p = 0.141$, indicating no statistically significant association between fasting blood glucose and total cholesterol levels among hormonal contraceptive users ($p > 0.05$).

Keywords: Blood Glucose, Total Cholesterol, Hormonal Contraception.