

ABSTRAK

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PERBANDINGAN KADAR TRIGLISERIDA DENGAN KADAR HbA1c NORMAL DAN HbA1c TINGGI PADA PASIEN DIABETES MELITUS TIPE 2
1x + 63 Halaman + 13 Tabel + 15 Lampiran

Diabetes melitus tipe 2 merupakan gangguan metabolik yang ditandai oleh resistensi insulin dan hiperglikemia kronis, yang dapat memicu komplikasi seperti dislipidemia. Pemeriksaan hemoglobin terglikasi (HbA1c) digunakan untuk menilai kontrol glikemik jangka panjang, sementara kadar trigliserida mencerminkan status metabolisme lipid. Penelitian ini bertujuan untuk membandingkan kadar trigliserida antara pasien diabetes melitus tipe 2 dengan kadar HbA1c normal (4,8-5,9%) dan kadar HbA1c tinggi ($\geq 7\%$).

Jenis penelitian yang digunakan yaitu penelitian observasional dengan pendekatan cross-sectional. Penelitian dilakukan pada bulan Februari–Maret 2025 yang melibatkan sebanyak 60 pasien, yaitu 30 pasien dengan kadar HbA1c normal dan 30 pasien dengan kadar HbA1c tinggi pada penderita diabetes melitus tipe 2 di RSUD Haji Provinsi Jawa Timur. Pemeriksaan HbA1c dilakukan menggunakan alat Cobas C501, dan pemeriksaan trigliserida menggunakan alat Microlab 300.

Berdasarkan penelitian diperoleh jenis kelamin tertinggi yaitu perempuan (52%) dan kelompok usia tertinggi yaitu lansia dengan usia 46-65 tahun (65%). Hasil menunjukkan bahwa pasien dengan HbA1c normal memiliki rerata kadar trigliserida sebesar 136,56 mg/dL dan rerata kadar HbA1c normal sebesar 5,6%, sedangkan pasien dengan HbA1c tinggi memiliki rerata kadar trigliserida sebesar 174,5 mg/dL dan rerata kadar HbA1c tinggi sebesar 9,54%. Uji statistik *Independent Sample T-test* antara kadar trigliserida dengan kadar HbA1c normal dan kadar HbA1c tinggi diperoleh nilai signifikansi sebesar 0,026 ($p < 0,05$). Hasil penelitian menunjukkan adanya perbedaan kadar trigliserida dengan kadar HbA1c normal dan kadar HbA1c tinggi pada pasien diabetes melitus tipe 2.

Kata kunci: Trigliserida, HbA1c, Diabetes Melitus Tipe 2

Daftar bacaan: 40 buku (2016-2024)

ABSTRACT

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COMPARISON OF TRIGLYCERIDE LEVELS WITH NORMAL HbA1c LEVELS AND HIGH HbA1c LEVELS IN TYPE 2 DIABETES MELLITUS PATIENTS

1x + 63 Pages + 13 Tables + 15 Appendices

Type 2 diabetes mellitus is a metabolic disorder characterized by insulin resistance and chronic hyperglycemia, which can trigger complications such as dyslipidemia. Glycated hemoglobin (HbA1c) examination is used to assess long-term glycemic control, while triglyceride levels reflect lipid metabolism status. This study aims to compare triglyceride levels between type 2 diabetes mellitus patients with normal HbA1c levels (4.8-5.9%) and high HbA1c levels ($\geq 7\%$).

The type of research used is an observational study with a cross-sectional approach. The study was conducted in February-March 2025 involving 60 patients, namely 30 patients with normal HbA1c levels and 30 patients with high HbA1c levels in patients with type 2 diabetes mellitus at the Haji Hospital, East Java Province. HbA1c examination was performed using the Cobas C501 device, and triglyceride examination using the Microlab 300 device.

Based on the study, the highest gender was female (52%) and the highest age group was elderly aged 46-65 years (65%). The results showed that patients with normal HbA1c had an average triglyceride level of 136.56 mg/dL and an average normal HbA1c level of 5.6%, while patients with high HbA1c had an average triglyceride level of 174.5 mg/dL and an average high HbA1c level of 9.54%. The Independent Sample T-test statistical test between triglyceride levels with normal HbA1c levels and high HbA1c levels obtained a significance value of 0.026 ($p < 0.05$). The results showed a difference in triglyceride levels with normal HbA1c levels and high HbA1c levels in patients with type 2 diabetes mellitus.

Keywords: Triglycerides, HbA1c, Type 2 Diabetes Mellitus

References: 40 books (2016-2024)