

ABSTRAK

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HUBUNGAN INDEKS MASSA TUBUH (IMT) DENGAN KADAR GULA DARAH PADA MASYARAKAT DI WILAYAH KERJA PUSKESMAS WONOAYU

xvii + 43 Halaman + 13 Tabel + 12 Lampiran

Obesitas tercirikan oleh penumpukan lemak tubuh secara berlebihan atau tidak normal, sehingga berpotensi menimbulkan gangguan kesehatan. Kondisi ini turut berperan sebagai pemicu diabetes mellitus tipe 2. Indeks Massa Tubuh (IMT) berperan sebagai alat klasifikasi sederhana dalam menentukan status obesitas. Kenaikan nilai IMT memiliki keterkaitan dengan resistensi insulin, sehingga berdampak pada peningkatan kadar glukosa darah. Fokus penelitian ini mengarah pada analisis hubungan antara IMT dan kadar glukosa darah di masyarakat wilayah kerja Puskesmas Wonoayu.

Penelitian observasional analitik dengan rancangan cross-sectional melibatkan 30 responden dewasa terpilih secara acak. Proses pengumpulan data mencakup pengukuran langsung tinggi badan, berat badan, kadar glukosa darah sewaktu, serta pengisian kuesioner. Analisis dilakukan melalui uji korelasi Spearman karena distribusi data tidak memenuhi asumsi normalitas. Mayoritas responden berada pada kategori IMT normal atau berisiko, sementara kadar glukosa darah menunjukkan 90% dalam rentang normal dan 10% berada pada tingkat tinggi. Hasil analisis korelasi memperlihatkan hubungan positif lemah antara IMT dan kadar glukosa ($r = 0,334$). Namun, nilai p sebesar 0,071 melebihi ambang signifikansi 0,05, sehingga tidak ditemukan keterkaitan yang bermakna secara statistik.

Tidak ada korelasi yang signifikan antara BMI dan kadar glukosa darah di kalangan masyarakat di wilayah puskesmas Wonoayu. Meskipun kurangnya signifikansi statistik, kecenderungan BMI yang lebih tinggi sesuai dengan peningkatan glukosa darah menyoroti perlunya promosi kesehatan mengenai pengendalian berat badan untuk mencegah penyakit metabolik seperti diabetes melitus

Kata Kunci: Indeks Massa Tubuh, Gula Darah, Obesitas, Diabetes Melitus, Puskesmas

Daftar Bacaan: 7 buku (2017-2022)

ABSTRACT

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THE RELATIONSHIP BETWEEN BODY MASS INDEX (BMI) AND BLOOD GLUCOSE LEVELS AMONG THE COMMUNITY IN THE WORKING AREA OF WONOAYU PUBLIC HEALTH CENTER

xvii + 43 Pages + 13 Tables + 12 Appendices

Obesity is characterized by excessive or abnormal accumulation of body fat, so it has the potential to cause health problems. This condition also plays a role as a trigger for type 2 diabetes mellitus. Body Mass Index (BMI) acts as a simple classification tool in determining obesity status. An increase in BMI is related to insulin resistance, so it has an impact on increasing blood glucose levels. The focus of this research is to analyze the relationship between BMI and blood glucose levels in the community of the Wonoayu Health Center work area.

A cross-sectional analytical observational study was conducted involving 30 randomly selected adult respondents. Data were collected through direct measurement of height, weight, and random blood glucose levels, as well as the administration of questionnaires. Spearman correlation test served as the analytical approach, due to non-normal distribution. Most respondents had normal or at-risk BMI categories, while 90% had normal blood glucose levels and 10% had high levels. Correlation analysis revealed a weak positive trend between Body Mass Index and blood glucose levels ($r = 0.334$). Although a directional pattern emerged, p -value of 0.071 exceeded 0.05 threshold, suggesting no statistically meaningful association.

There isn't significant correlation between BMI and blood glucose levels among the community in the Wonoayu health center area. Despite the lack of statistical significance, the tendency for higher BMI to correspond with elevated blood glucose highlights the need for health promotion regarding weight control to prevent metabolic diseases such as diabetes mellitus.

Keywords: Body Mass Index, Blood Glucose, Obesity, Diabetes Mellitus, Public Health

References: 7 books (2017-2022)