

ABSTRAK

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HUBUNGAN KADAR GLUKOSA DARAH PUASA DENGAN KADAR *HIGH DENSITY LIPOPROTEIN* DAN KADAR *LOW DENSITY LIPOPROTEIN* PADA PASIEN PROLANIS

xvii + 120 Halaman + 20 Tabel + 14 Lampiran

Penyakit diabetes melitus (DM) tipe 2 yang disertai dengan hipertensi merupakan masalah kesehatan longitudinal yang kerap memicu ketidakseimbangan metabolisme gula dan lemak serta memperbesar risiko gangguan jantung, sehingga telaah ini dilakukan untuk mengevaluasi kaitan antara kadar glukosa darah puasa (GDP) terhadap profil lipid (HDL dan LDL) pada anggota Prolanis di Klinik Mitra Sehat Wiyung, Surabaya.

Studi ini menerapkan metode observasional analitik dengan desain potong lintang (*cross-sectional*) terhadap 26 pasien yang dipilih melalui teknik *purposive sampling*, di mana data yang terkumpul kemudian diolah menggunakan uji korelasi Pearson. Temuan lapangan menunjukkan bahwa meskipun sebagian besar responden memiliki kadar GDP (57,7%) dan HDL (84,6%) yang normal, sebanyak 76,9% di antaranya memiliki kadar LDL yang melebihi batas normal.

Melalui uji statistik, ditemukan bahwa tidak ada hubungan yang bermakna antara tingkat GDP dengan kadar kolesterol HDL ($p=0,760>0,05$; $r=-0,063$) maupun LDL ($p=0,234>0,05$; $r=0,242$), sehingga dapat disimpulkan bahwa perubahan kadar gula darah puasa tidak berkaitan secara nyata dengan variasi kadar lemak darah pada pasien dengan kondisi komorbid DM tipe 2 dan hipertensi di lokasi penelitian tersebut.

Kata kunci: Diabetes Melitus Tipe 2, Hipertensi, Glukosa Darah Puasa, HDL, LDL
Daftar bacaan: 17 Buku (2010-2025), 44 Jurnal (2020-2025).

ABSTRACT

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CORRELATION BETWEEN FASTING BLOOD GLUCOSE LEVELS AND HIGH-DENSITY LIPOPROTEIN AND LOW-DENSITY LIPOPROTEIN LEVELS IN PROLANIS PATIENTS

xvii+ 120 Pages+ 20 Tabels+14 Appendices

Type 2 diabetes mellitus (DM) accompanied by hypertension is a long-term health problem that often triggers an imbalance in sugar and fat metabolism and increases the risk of heart disease; therefore, this study was conducted to evaluate the association between fasting blood glucose (FBG) levels and lipid profiles (HDL and LDL) among Prolanis members at the Mitra Sehat Wiyung Clinic in Surabaya.

This study employed an analytical observational method with a cross-sectional design involving 26 patients selected through purposive sampling; the collected data were then analyzed using Pearson's correlation test. Field findings indicate that although the majority of respondents had normal FGB (57.7%) and HDL (84.6%) levels, as many as 76.9% of them had LDL levels exceeding the normal range.

Statistical analysis revealed that there was no significant association between GDP levels and HDL cholesterol levels ($p=0.760>0.05$; $r=-0.063$) or LDL cholesterol levels ($p=0.234>0.05$; $r=0.242$). Therefore, it can be concluded that changes in fasting blood glucose levels are not significantly associated with variations in blood lipid levels among patients with comorbid type 2 diabetes and hypertension at the study site.

Keywords: *Type 2 Diabetes Mellitus, Hypertension, Fasting Blood Glucose, HDL, LDL*

References: 17 books (2010–2025), 44 journals (2020–2025).