ABSTRAK

Prasetyo Garuda Nusantara
POLA MAKAN DAN AKTIVITAS FISIK DENGAN KADAR GULA DARAH PASIEN DIABETES MELITUS TIPE 2 PESERTA PROLANIS DI PUSKESMAS TUBAN
xii + 100 Halaman + 7 tabel + 17 Lampiran

Diabetes Melitus jenis 2 adalah penyakit yang tidak dapat ditularkan dengan tingkat prevalensi yang berkembang. Di Indonesia, sekitar 70% pasien DM Tipe tidak mampu mengontrol gula darah dengan baik. Fokus Studi ini mencakup untuk menganalisis hubungan antara pola makan dan aktivitas fisik dengan kadar gula darah pada pasien DM Tipe 2 peserta Prolanis di Puskesmas Tuban.

Metode analitik korelasional dan *cross-sectional* digunakan dalam studi ini. Sampel dari 65 peserta prolanis dikumpulkan dengan metode total sampling. Data dikumpulkan melalui kuesioner *Global Physical Activity Questionnaire* (GPAQ) untuk aktivitas fisik, kuesioner frekuensi makan (FFQ), dan rekam medis untuk kadar gula darah. Untuk melakukan analisis, *uji Chi-Square* dengan tingkat kemaknaan $\alpha = 0,05$ digunakan.

Hasil menunjukkan bahwa sebagian besar (52,3%) peserta prolanis memiliki kebiasaan makan yang sehat, mengontrol gula darah, dan hampir setengah (47,7%) peserta prolanis memiliki kebiasaan makan yang tidak sehat, dengan aktivitas ringan. Kadar gula darah dan pola makan berkorelasi, hasil menunjukkan bahwa seluruh (100%) peserta prolanis memiliki kadar gula darah normal dan menjaga pola makan yang sehat. Aktivitas fisik dan kadar gula darah berkorelasi positif..

Makanan sehat dan aktivitas fisik yang lebih tinggi secara substansial berhubungan dengan terkendalinya kadar gula darah. Tenaga kesehatan diharapkan meningkatkan edukasi gizi dan program aktivitas fisik kelompok dalam Prolanis secara berkelanjutan.

Kata Kunci : Pola Makan, Aktivitas Fisik, Diabetes Melitus Tipe 2, Prolanis
Daftar bacaan : Terdiri dari 33 sumber, 25 jurnal ilmiah dan 6 buku (2019-2026)

ABSTRACT

Prasetyo Garuda Nusantara
DIETARY PATTERNS AND PHYSICAL ACTIVITY IN RELATION TO BLOOD GLUCOSE LEVELS AMONG TYPE 2 DIABETES MELLITUS PATIENTS ENROLLED IN PROLANIS AT PUSKESMAS TUBAN
xii + 100 *Pages* + 7 *Tables* + 17 *Appendices*

The frequency of Diabetes mellitus type 2 is a non-communicable disease., is steadily rising. In Indonesia, approximately 70% of Type 2 DM patients have not yet been able to optimally control their blood sugar concentrations. The study aimed to analyze The connection between diet and blood glucose levels with physical activity among Type 2 DM patients participating in the Prolanis (Chronic Disease Management Program) at Puskesmas Tuban.

This study used a correlational analytical methodology using a cross-sectional approach. The sample included 65 Prolanis participants, selected using the total sampling technique. Data was gathered using a Food Frequency Questionnaire (FFQ) for dietary patterns, physical activity using the Global Physical Activity Questionnaire (GPAQ), and medical records for levels of blood glucose. At a significance threshold of α = 0.05, Chi-Square analysis was used to analyse the data.

The findings indicated that most people (52.3%) of Prolanis participants with a good diet had controlled blood glucose levels. Nearly half (47.7%) of Prolanis participants with a poor diet had light physical activity levels. Blood glucose levels and diet were significantly correlated., with results showing that all (100%) Prolanis participants with a good diet had blood glucose levels under control. Additionally, It was quite correlation relationship blood sugar levels and physical exercise. with results showing that all (100%) Prolanis participants with heavy physical activity had controlled blood glucose levels.

Good diet and Increased physical activity levels were significantly connected with controlled blood glucose levels. Healthcare providers are expected to continuously enhance nutritional education and group physical activity programs within the Prolanis initiative.

Keywords : Dietary Patterns, Physical Activity, Type 2 Diabetes Mellitus, Prolanis
References : 33 sources, 25 journals and 6 books (2019-2026)