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**HUBUNGAN ASUPAN KARBOHIDRAT DAN AKTIVITAS FISIK DENGAN
KADAR GLUKOSA DARAH PADA PEREMPUAN
USIA 30 – 64 TAHUN DI DUSUN TIDARAN DESA CANDIRETNO
KECAMATAN SECANG KABUPATEN MAGELANG**

ABSTRAK

Latar belakang : Berdasarkan World Health Organization (WHO) tahun 2015, ada 415 juta orang dewasa diabetes didunia, terjadi kenaikan 4 kali lipat dari 108 juta pada tahun 1980. Faktor penyebab Diabetes Mellitus yaitu usia, jenis kelamin, riwayat keluarga, faktor obesitas, pola makan yang sehat, aktivitas fisik, dan merokok. Tujuan Penelitian ini bertujuan untuk mengetahui hubungan asupan karbohidrat dan aktifitas fisik dengan kadar glukosa darah perempuan usia 30 – 64 tahun di Dusun Tidaran Desa Candiretno Kecamatan Secang Kabupaten Magelang.

Metode : Desain penelitian pada penelitian ini menggunakan rancangan penelitian potong-lintang (Cross sectional). Populasi dalam penelitian ini adalah seluruh masyarakat perempuan berusia 30 – 64 tahun. Pengambilan sampel menggunakan total sampling sejumlah 90 responden. Analisis univariat pada penelitian ini dengan distribusi frekuensi dan analisis bivariat yang digunakan yaitu menggunakan Korelasi Kendall-Tau ($\alpha = 0,05$).

Hasil : Persentase asupan karbohidrat perempuan usia 30 – 64 tahun defisit sedang 16,9%, defisit ringan sebesar 16,9% dan normal sebesar 16,9%. Persentase aktifitas fisik ringan sebesar 29,9%, sedang sebesar 29,9%, dan 18,2% responden mempunyai aktifitas fisik berat. Persentase Kadar Glukosa Darah terdapat 57,1% memiliki kadar glukosa darah normal, 15,6% mempunyai kadar glukosa darah prediabetes, dan 5,2% mempunyai kadar glukosa darah tinggi. Terdapat hubungan aktifitas fisik dan asupan karbohidrat dengan kadar glukosa darah. Hasil uji koefisien kotingensi yaitu terdapat hubungan asupan karbohidrat, aktifitas fisik dengan kadar glukosa darah ($\alpha = 0,05$; $p = 0,04$; $p = 0,025$)

Simpulan : Terdapat hubungan antara aktifitas fisik dan asupan karbohidrat dengan kadar glukosa darah.

Kata kunci : Asupan Karbohidrat, Aktifitas Fisik, Kadar Glukosa Darah.

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**CORRELATION BETWEEN CARBOHYDRATE INTAKE AND PHYSICAL
ACTIVITY WITH BLOOD GLUCOSE DEFICIENCY IN WOMEN AGED 30 – 64
YEARS OLD IN TIDARAN HAMLET, CANDIRETNO VILLAGE, SECANG
DISTRICT, MAGELANG REGENCY**

ABSTRACT

Background: Based on the World Health Organization (WHO) in 2015, there were 415 million adults with diabetes in the world, an increase of 4 times from 108 million in 1980. The factors that cause Diabetes Mellitus are age, gender, family history, obesity factors, pattern of healthy eating, physical activity, and smoking. This study aims to determine the correlation between physical activity and carbohydrate intake with blood glucose levels in women aged 30-64 years in Tidaran Hamlet, Candiretno Village, Secang District, Magelang Regency.

Method : The research design in this study used a cross-sectional research design. The population in this study were all women aged 30-64 years. Sampling using a total sampling of 90 respondents. Univariate analysis in this study used frequency distribution and bivariate analysis used Kendall-Tau correlation.

Results: The percentage of carbohydrate intake for women aged 30-64 years has a moderate deficit of 16.9%, a mild deficit of 16.9% and a normal deficit of 16.9%. The percentage of mild physical activity is 29.9%, moderate is 29.9%, and 18.2% of respondents have severe physical activity. The percentage of blood glucose levels was 57.1% had normal blood glucose levels, 15.6% had prediabetes blood glucose levels, and 5.2% had high blood glucose levels. There is a correlation between physical activity and carbohydrate intake with blood glucose levels. The result of the cotingency coefficient test shows there is a correlation between carbohydrate intake, physical activity and blood glucose levels ($\alpha = 0.05$; $p = 0.04$; $p = 0.025$)

Conclusion : There is a significant correlation between physical activity and carbohydrate intake with blood glucose deficiency.

Key words : Carbohydrate Intake, Physical Activity, Blood Glucose Deficiency.