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HUBUNGAN TINGKAT DISTRES DENGAN LUARAN KLINIS PASIEN DIABETES MELITUS TIPE 2 DI PUSKESMAS WILAYAH KABUPATEN SEMARANG

ABSTRAK

Latar belakang: Salah satu faktor yang berpengaruh terhadap tingginya kadar gula darah penderita diabetes melitus tipe 2 adalah distres oleh lemahnya sensitivitas insulin akibat tingginya kadar hormon kortisol, sehingga penelitian ini bertujuan untuk mengetahui hubungan tingkat distres dengan luaran klinis pasien diabetes melitus tipe 2 di Puskesmas Wilayah Kabupaten Semarang.

Metode: Penelitian ini merupakan korelasi (*correlational research*) dengan metode kuantitatif dan pendekatan studi *cross sectional*. Sampel berjumlah 64 responden, penelitian dilakukan pada bulan Mei dan Juni 2023. Data yang digunakan berupa hasil pengisian kuesioner DDS-17 dan data HBA1c.

Hasil: Pengukuran tingkat distres pasien secara urut diperoleh hasil dengan kategori tidak distres/normal sebanyak 10,94%; sedang 42,18%; berat 46,87%, dengan pengendalian HBA1c terkendali 15,7%; tidak terkendali 84,4%. Hasil penelitian tingkat distres dengan HBA1c dengan pengujian *Spearman* diperoleh nilai *P-value* $0,000 < 0,05$ dan *correlation coefficient* 0,602.

Simpulan: Rata-rata pasien mengalami distres kategori berat. Data pengujian *Spearman* menunjukkan hubungan yang kuat antara tingkat distres dengan HBA1c pada pasien diabetes melitus tipe 2 di Puskesmas Wilayah Kabupaten Semarang.

Kata Kunci: Distres, HBA1c, Diabetes Melitus

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**THE RELATIONSHIP BETWEEN DISTRESS LEVEL AND CLINICAL
OUTCOME OF TYPE 2 DIABETES MELLITUS PATIENTS AT THE
COMMUNITY HEALTH CENTER, SEMARANG REGENCY**

ABSTRACT

Background: One of the factors that influence high blood sugar levels in type 2 diabetes mellitus sufferers is distress by low insulin sensitivity due to high levels of the hormone cortisol, so this study aims to determine the relationship between the level of distress and the clinical outcome of type 2 diabetes mellitus patients at the Community Health Center in Semarang Regency.

Methods: This research is a correlational research with quantitative methods and a cross sectional study approach. The sample consisted of 64 respondents. The research was conducted in May and June 2023. The data used was the results of filling out the DDS-17 questionnaire and HBA1c data.

Results: Measuring the patient's distress level sequentially was obtained in the non-distress category 10.94%; moderate distress 42.18%; severe distress 46.87%, with controlled HBA1c gains of 15.7% and uncontrolled 84.4%. The results of the research on the level of distress with HBA1c through the Spearman test obtained a P-value of $0.000 < 0.05$ and a correlation coefficient of 0.602.

Conclusion: The average patient experiences severe category of distress. Spearman's test data showed a strong relationship between the level of distress and HBA1c in patients with type 2 diabetes mellitus at the Community Health Center in Semarang Regency.

Keywords: Distress, HBA1c, Diabetes Mellitus