

Universitas Ngudi Waluyo  
Program Studi S1 Keperawatan, Fakultas Kesehatan  
Skripsi, Januari 2024  
Hendriyanto  
017222024

## **HUBUNGAN KEAKTIFAN MENGIKUTI PROLANIS DENGAN KESTABILAN KADAR GULA DARAH PASIEN DIABETES MELITUS TIPE II DI WILAYAH KERJA PUSKESMAS KAJEN I KABUPATEN PEKALONGAN**

### **ABSTRAK**

**Latar Belakang :** Prolanis merupakan program BPJS yang mengedepankan penyuluhan dan pencegahan penyakit diabetes mellitus yang terintegrasi. Keaktifan mengikuti Prolanis ini diharapkan memberikan dampak pada stabilitas kadar gula darah penderita diabetes peserta BPJS. Penelitian ini untuk mengetahui hubungan antara keaktifan mengikuti prolanis dengan kestabilan gula darah pada pasien diabetes mellitus tipe 2 di wilayah kerja Puskesmas Kajen I Kabupaten Pekalongan.

**Metode :** Penelitian kuantitatif dengan pendekatan *cross sectional* dan metode *retrospektif*, pengumpulan data berdasarkan pemeriksaan kadar gula darah pada penderita diabetes mellitus tipe 2 yang mengikuti Prolanis dan kehadiran peserta Prolanis. Sampel 63 responden dengan teknik *total sampling*. Hasil penelitian dianalisis menggunakan analisa univariat dan uji *Chi Square*

**Hasil :** Keaktifan penderita diabetes melitus tipe II yang mengikuti kegiatan Prolanis mayoritas adalah tingkat keaktifan kategori cukup yaitu sebanyak 42,9%, mayoritas kadar gula darah adalah kategori stabil yaitu sebanyak 69,8%. Ada hubungan antara keaktifan penderita diabetes melitus tipe II yang mengikuti kegiatan Prolanis dengan kadar gula darah penderita diabetes melitus tipe II di Puskesmas Kajen I Kabupaten Pekalongan, dari hasil nilai  $\rho=0,000 < 0,05$ .

**Simpulan :** Penelitian ini menunjukkan bahwa semakin baik keaktifan mengikuti Prolanis akan semakin terkontrol kadar gula darah. Diharapkan Puskesmas Kajen I meningkatkan pelayanan terutama dalam peningkatan keaktifan mengikuti kegiatan Prolanis dan kepada penderita diabetes tipe II untuk lebih memanfaatkan program Prolanis agar dapat mengontrol kadar gula darah.

**Kata Kunci :** Prolanis, Keaktifan, Kadar Gula Darah

Ngudi Waluyo University  
Study Program of Nursing, Faculty of Health  
Final Project, January 2024  
Hendriyanto  
017222024

## **THE RELATIONSHIP OF ACTIVITY FOLLOWING PROLANIS AND THE STABILITY OF BLOOD SUGAR LEVELS IN TYPE II DIABETES MELLITUS PATIENTS IN THE WORKING AREA OF KAJEN I PUSKESMAS, PEKALONGAN DISTRICT**

### **ABSTRACT**

**Background:** Prolanis is a BPJS program that prioritizes integrated education and prevention of diabetes mellitus. It is hoped that this active participation in Prolanis will have an impact on the stability of blood sugar levels for diabetes sufferers who are BPJS participants. This research aims to determine the relationship between active participation in prolanis and blood sugar stability in type 2 diabetes mellitus patients in the working area of the Kajen I Health Center, Pekalongan Regency.

**Method:** Quantitative research with a cross sectional approach and retrospective method, data collection based on checking blood sugar levels in people with type 2 diabetes mellitus who took Prolanis and the presence of Prolanis participants. Sample of 63 respondents with total sampling technique. The research results were analyzed using univariate analysis and the Chi Square test

**Results:** The majority of type II diabetes mellitus sufferers who took part in Prolanis activities were in the moderate category, namely 42.9%, the majority of blood sugar levels were in the stable category, namely 69.8%. There is a relationship between the activity of type II diabetes mellitus sufferers who take part in Prolanis activities and the blood sugar levels of type II diabetes mellitus sufferers at the Kajen I Community Health Center, Pekalongan Regency, from the results of the value  $\rho = 0.000 < 0.05$ .

**Conclusion:** This research shows that the better you are actively following Prolanis, the better your blood sugar levels will be controlled. It is hoped that the Kajen I Community Health Center will improve services, especially in increasing active participation in Prolanis activities and for type II diabetes sufferers to make more use of the Prolanis program in order to control blood sugar levels.

**Keywords:** Prolanis, Activeness, Blood Sugar Levels