

GAMBARAN KADAR GLUKOSA DARAH PADA PENDERITA DIABETES MELITUS DI PUSKESMAS JONGGON JAYA

ABSTRAK

Latar Belakang : Diabetes Melitus adalah penyakit kronis yang biasanya ditandai dengan hiperglikemia serta intoleransi glukosa yang terjadi karena minimnya produksi insulin atau tubuh tidak bisa menggunakan insulin secara efisien. Menurut WHO (2018), sekitar 71% penyebab kematian di dunia adalah penyakit tidak menular yang membunuh sekitar 36 juta jiwa per tahun, jumlah penderita diabetes melitus di Indonesia menduduki keempat terbesar di dunia yaitu 8,4 juta orang dan diprediksi pada tahun 2030 akan naik menjadi 21,3 juta orang. Sekitar 80% kematian tersebut terjadi di negara berpenghasilan menengah dan rendah (Kemenkes 2019).

Tujuan : Mengetahui gambaran kepatuhan minum obat dengan kadar glukosa darah pada penderita diabetes melitus di Puskesmas Jonggon Jaya.

Desain Penelitian : Penelitian menggunakan metode kuantitatif dengan rancangan descriptive. Penelitian mengetahui gambaran pasien yang kontrol kadar gula darah di Puskesmas Jonggon Jaya. Populasi penelitian ini adalah 30 orang yang melakukan pemeriksaan di Puskesmas Jonggon Jaya. Metode pengambilan sampel menggunakan total sampling. Instrumen penelitian menggunakan glukometer.

Hasil : Hasil penelitian diperoleh jumlah subjek sebanyak 30 orang yang terdiri dari 13 perempuan dan 17 laki-laki.

Simpulan : Berdasarkan hasil penelitian terkontrol sebesar 22 (73,3%) dan tidak terkontrol sebesar 8 (26,7%). Hal ini dapat disimpulkan bahwa gambaran kadar glukosa darah pada penderita diabetes melitus di Puskesmas Jonggon Jaya yaitu terkontrol.

Saran : Warga diharapkan lebih memperhatikan kadar gula darah dan rutin beraktivitas serta meningkatkan pola hidup sehat.

Kata Kunci : Penderita Diabetes Militus, Diabetes Melitus, Kadar Gula Darah

DESCRIPTION OF BLOOD GLUCOSE LEVELS IN DIABETES MELLITUS PATIENTS AT JONGGON JAYA HEALTH CENTER

ABSTRACT

Background : Diabetes Mellitus is a chronic disease which is usually characterized by hyperglycemia and glucose intolerance which occurs due to minimal insulin production or the body being unable to use insulin efficiently. According to WHO (2018), around 71% of the causes of death in the world are non-communicable diseases which kill around 36 million people per year. The number of diabetes mellitus sufferers in Indonesia is the fourth largest in the world, namely 8.4 million people and is predicted to increase by 2030. to 21.3 million people. Around 80% of these deaths occur in middle and low income countries (Ministry of Health 2019).

Objective: To determine the description of blood glucose levels in diabetes mellitus sufferers who visit the Jonggon Jaya Health Center.

Research Design: Based on the results of the research, 30 people were examined for DM at the Jonggon Jaya Community Health Center. Research uses quantitative methods with a descriptive design. The research found out the description of patients who controlled blood sugar levels at the Jonggon Jaya Community Health Center. The population of this study was 30 people who underwent examinations at the Jonggon Jaya Health Center. The sampling method uses total sampling. The research instrument used a glucometer..

Results : The research results showed that the number of subjects was 30 people consisting of 13 women and 17 men.

Conclusion : Based on the results of controlled research, there were 22 (73.3%) and uncontrolled research, 8 (26.7%). It can be concluded that the blood glucose levels in diabetes mellitus sufferers at the Jonggon Jaya Community Health Center are controlled..

Suggestion : Residents are expected to pay more attention to blood sugar levels and carry out routine activities and improve healthy lifestyles.

Keywords : Diabetes Mellitus Sufferers, Diabetes Mellitus, Blood Sugar Levels