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Hubungan Antara Penerapan Diet 3J (Jumlah, Jenis, Jadwal) dengan Kadar Gula Darah Penderita Diabetes Melitus Rawat Jalan RSUD Lamandau

ABSTRAK

Latar belakang: Hasil analisa situasi yang dilakukan pada Rumah Sakit Umum Daerah Lamandau menunjukkan adanya peningkatan pasien Diabetes Melitus (DM) yang melakukan pengobatan, baik rawat jalan maupun rawat inap. Beberapa peneliti menyatakan bahwa upaya yang dilakukan untuk mengatasi masalah ketidakstabilan kadar glukosa darah yaitu dengan diet jumlah, jenis, jadwal (3J). Melakukan pengaturan makan dengan menggunakan prinsip 3J akan mendukung upaya pengelolaan penyakit DM dan akan menjaga kadar gula darah mendekati normal sehingga penderita DM dapat memiliki kualitas hidup yang lebih baik.

Tujuan: Untuk mengetahui hubungan antara penerapan diet 3J (Jumlah, Jenis, Jadwal) dengan kadar gula darah pasien rawat jalan Diabetes Melitus (DM) di RSUD Lamandau.

Metode: Desain penelitian yang digunakan yaitu penelitian kuantitatif dengan pendekatan *cross sectional*. Populasinya yaitu seluruh pasien rawat jalan yang menderita Diabetes Melitus dan memeriksakan kesehatannya di RSUD Lamandau selama bulan Mei 2024 berjumlah 293 pasien. Sampel yang digunakan sebanyak 75 responden dengan teknik *total enumerative sampling*.

Hasil: Terdapat hubungan antara kepatuhan jumlah makanan dengan kadar gula darah pasien rawat jalan DM di RSUD Lamandau ($0.010 < 0.05$). Terdapat hubungan antara kepatuhan jenis makanan dengan kadar gula darah pasien rawat jalan DM di RSUD Lamandau ($0.010 < 0.05$). Terdapat hubungan antara kepatuhan jadwal makanan dengan kadar gula darah pasien rawat jalan DM di RSUD Lamandau ($0.042 < 0.05$).

Saran: Disarankan agar penderita DM lebih disiplin kembali dapat menjalankan kepatuhan jumlah, jenis, dan jadwal makanan yang dikonsumsinya sehari-hari. Sehingga mampu menekan gula darah untuk tetap stabil dan mencegah penyakit komplikasi lainnya bermunculan.

Kata kunci: Diet 3J, Kadar Gula Darah, Diabetes Melitus

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*Relationship Between Implementation of 3J Diet (Number, Type, Schedule)
with Blood Sugar Levels of Outpatients with Diabetes Mellitus at Lamandau
Regional General Hospital*

ABSTRACT

Background: *The results of the situation analysis conducted at Lamandau Regional General Hospital showed an increase in Diabetes Mellitus (DM) patients undergoing treatment, both outpatients and inpatients. Several researchers stated that efforts made to overcome the problem of unstable blood glucose levels were through a diet of quantity, type, schedule (3J). Arranging meals using the 3J principle will support efforts to manage DM and will maintain blood sugar levels close to normal so that DM sufferers can have a better quality of life.*

Objective: *To determine the relationship between the implementation of the 3J diet (Number, Type, Schedule) with blood sugar levels of outpatients with Diabetes Mellitus (DM) at Lamandau Regional Hospital.*

Method: *The research design used was quantitative research with a cross-sectional approach. The population was all outpatients suffering from Diabetes Mellitus and checking their health at Lamandau Hospital during May 2024 totaling 293 patients. The sample used was 75 respondents with a total enumerative sampling technique.*

Results: *There is a relationship between compliance with the amount of food and blood sugar levels of DM outpatients at Lamandau Hospital ($0.010 < 0.05$). There is a relationship between compliance with the type of food and blood sugar levels of DM outpatients at Lamandau Hospital ($0.010 < 0.05$). There is a relationship between compliance with the food schedule and blood sugar levels of DM outpatients at Lamandau Hospital ($0.042 < 0.05$).*

Suggestion: *It is recommended that DM sufferers be more disciplined in adhering to the amount, type, and schedule of food they consume every day. So that it can suppress blood sugar to remain stable and prevent other complications from emerging.*

Keywords: *3J Diet, Blood Sugar Levels, Diabetes Mellitus*