

Universitas Ngudi Waluyo
Program Studi S1 Keperawatan
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**HUBUNGAN HbA1C DENGAN KUALITAS HIDUP PENDERITA
DIABETES MELLITUS TIPE 2 DI PROLANIS KLINIK GRACIA
UNGERAN.**

xv + 76 halaman + 2 gambar + 9 tabel + 11 lampiran

ABSTRAK

Latar Belakang: HbA1c yang tinggi dapat mengakibatkan gejala klinis seperti polyuria, merasa haus dan sering lemas. Hal tersebut dapat mengganggu dalam beraktivitas dan mempengaruhi kualitas hidup.

Tujuan: Mengetahui hubungan HbA1c dengan kualitas hidup penderita diabetes mellitus tipe 2 di prolanis klinik gracia Ungaran.

Metode: Jenis penelitian ini adalah *analitik observasional* dengan pendekatan *cross sectional*. Populasi dalam penelitian ini yaitu penderita DM tipe 2 di prolanis klinik Gracia Ungaran. Sampel penelitian berjumlah 127 dengan teknik sampling *Purposive Sampling*. Instrumen penelitian kualitas hidup menggunakan instrument baku WHOQOL-BREF dan HbA1C menggunakan *Medical record*. Analisis data penelitian menggunakan uji *Chi-Square*

Hasil: penderita DM tipe 2 diprolanis Klinik Gracia Ungaran Sebagian besar yakni berusia dewasa akhir 51-60 tahun (76,4%), perempuan (67,7%), status perkawinan menikah (70,9%), berpendidikan SMA (44,1%) dan pekerjaan wiraswasta (58,3%). Penderita DM tipe 2 sebagian besar memiliki HbA1C tinggi (63,0%) dengan kualitas hidup buruk (41,7%). Hasil analisis data diperoleh p-value sebesar 0,017 ($\alpha=0,05$)

Simpulan : Ada hubungan yang signifikan antara HbA1C dengan kualitas hidup penderita diabetes mellitus tipe 2 di prolanis klinik Gracia Ungaran.

Saran: Penderita DM tipe 2 diharap dapat mempertahankan HbA1c dalam batas normal dengan menjaga pola makan, olahraga dan mengikuti program terapi yang dianjurkan sehingga dapat meningkatkan kualitas hidup.

Kata Kunci : Kualitas Hidup, HbA1c, Penderita diabetes mellitus tipe 2

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THE CORRELATION BETWEEN HbA1c AND THE QUALITY OF LIFE OF DIABETES MELLITUS TYPE 2 IN GRACIA PROLANISTS CLINIC UNGARAN.
xv + 76 pages + 2 pictures + 9 tables + 11 appendixes

ABSTRACT

Background: High HbA1c can cause clinical symptoms such as polyuria, feeling thirsty and often weak. This can interfere with the activity and affect the quality of life.

Objective: To determine the correlation between HbA1c with the quality of life of people with type 2 diabetes mellitus in the clinical prolanist of Gracia Ungaran clinic.

Method: This type of research is observational analytic with cross sectional approach. The population in this study were sufferers of type 2 DM in the clinic prolanis Gracia Ungaran. The research sample were 127 with a purposive sampling technique. Quality of life research instruments using WHOQOL-BREF standard instruments and HbA1C used Medical records. Analysis of research data used the chi-square.

Results: Type 2 DM sufferers diprolanis Gracia Ungaran Clinic Most of them are adults aged 51-60 years (76.4%), women (67.7%), marital status (70.9%), high school education (44, 1%) and self employed (58.3%). Patients with type 2 DM mostly have high HbA1C (63.0%) with poor quality of life (41.7%).

The results of data analysis obtained p-value of 0.017 ($\alpha = 0.05$).

Conclusion: There is a significant correlation between HbA1C with the quality of life of people with type 2 diabetes mellitus in the clinic prolanis Gracia Ungaran

Suggestion: Patients with type 2 diabetes always maintain HbA1c within normal limits by maintaining diet, exercise and following the recommended therapy program so that it can improve quality of life.

Keywords: Quality of Life, HbA1c, Type 2 diabetes mellitus sufferers