

Nama : Marlinna Ratna Dewi
NIM : 1032211025
Judul : Hubungan Indeks Masa Tubuh, Aktivitas Fisik, Dan Kebiasaan Merokok Dengan Kejadian Diabetes Melitus Tipe II Di Puskesmas Kecamatan Makasar Jakarta Timur

ABSTRAK

Latar Belakang: Diabetes melitus tipe 2 merupakan salah satu penyakit tidak menular yang terus meningkat prevalensinya. Berbagai faktor risiko berkontribusi terhadap kejadian diabetes, seperti indeks massa tubuh (IMT) yang tinggi, kurangnya aktivitas fisik, dan kebiasaan merokok. Selain itu, faktor usia dan jenis kelamin turut memperbesar risiko diabetes. Tujuan dari penelitian ini untuk mengetahui hubungan usia, jenis kelamin, indeks masa tubuh, aktivitas fisik dan kebiasaan merokok di Puskesmas Kecamatan Makasar Jakarta Timur

Metode: Desain penelitian yang akan digunakan yaitu penelitian kuantitatif dengan desain penelitian analitik korelasional dengan pendekatan *cross sectional study*. Data dikumpulkan dari hasil pengukuran berat badan dan tinggi badan serta wawancara sesuai pertanyaan pada kuesioner aktivitas fisik dan kuesioner kebiasaan merokok. Analisis univariat dilakukan secara deskriptif dan analisis bivariat menggunakan uji *chi square*.

Hasil: Dari 145 responden, kategori usia dewasa akhir sebanyak 108 responden (74,5%), jenis kelamin perempuan sebanyak 85 responden (58,6%), obesitas sebanyak 85 responden (58,6%), aktivitas pasif sebanyak 79 responden (54,5%), dan dari 93 responden kategori perokok berat sebanyak 69 responden (74,2%). Hasil bivariat menunjukkan ada hubungan antara usia (PR = 2,3 ; 95% CI = 1,1 – 4,6), jenis kelamin (PR = 2,8 ; 95% CI = 1,7 – 4,4), indeks masa tubuh (PR = 3,5 ; 95% CI = 1,8 – 6,6), aktivitas fisik (PR = 2,9 ; 95% CI 1,6 – 5,0), dan kebiasaan merokok (PR = 1,7 ; 95% CI = 0,9 – 2,9) dengan kejadian dm tipe 2.

Kesimpulan: Usia, jenis kelamin, indeks masa tubuh, aktivitas fisik dan kebiasaan merokok dapat meningkatkan risiko terjadinya DM tipe 2 dengan hasil GDS ≥ 200 mg/dL. Individu dengan risiko tinggi perlu meningkatkan kesadaran akan pola hidup sehat dan mengelola faktor risiko dengan baik, seperti menjaga pola makan seimbang, rutin berolahraga, dan menghindari kebiasaan merokok, karena gaya hidup yang sehat berperan penting dalam mencegah dan mengendalikan diabetes serta meningkatkan kualitas hidup.

Kata Kunci: aktivitas fisik, diabetes melitus tipe 2, indeks masa tubuh, jenis kelamin, kebiasaan merokok, usia

Daftar pustaka : 77 buah

Name : Marlinna Ratna Dewi
NIM : 1032211025
Title : Relationship Between Body Mass Index, Physical Activity, and Smoking Habits with Incidence of Type II Diabetes Mellitus at Makasar District Community Health Center, East Jakarta

ABSTRACT

Background: Type 2 diabetes mellitus is one of the non-communicable diseases with an increasing Prevalence. Various risk factors contribute to the occurrence of diabetes, such as a high body mass index (BMI), lack of physical activity, and smoking habits. In addition, age and gender factors further increase the risk of diabetes. The aim of this study is to determine the relationship between age, gender, body mass index, physical activity, and smoking habits at the Makasar Subdistrict Community Health Center, East Jakarta.

Method: Research design to be used is quantitative research with a correlational analytic design and a cross-sectional study approach. Data were collected from measurements of body weight and height, as well as interviews based on questions in the physical activity and smoking habit questionnaires. Univariate analysis was conducted descriptively, and bivariate analysis was performed using the chi-square test.

Result: Out of 145 respondents, 108 respondents (74.5%) were in the late adulthood age category, 85 respondents (58.6%) were female, 85 respondents (55.6%) were obese, 79 respondents (54.5%) had passive activity, and out of 93 respondents in the heavy smoker category, 69 respondents (74.2%) were identified as heavy smokers. Bivariate results show an association between age (PR = 2.3; 95% CI = 1.1–4.6), gender (PR = 2.8; 95% CI = 1.7–4.4), body mass index (PR = 3.5; 95% CI = 1.8–6.6), physical activity (PR = 2.9; 95% CI = 1.6–5.0), and smoking habits (PR = 1.7; 95% CI = 0.9–2.9) with the incidence of type 2 diabetes mellitus.

Conclusions: Age, gender, body mass index, physical activity, and smoking habits can increase the risk of developing type 2 diabetes with a GDS result of ≥ 200 mg/dL. Individuals at high risk need to increase awareness of a healthy lifestyle and manage risk factors properly, such as maintaining a balanced diet, exercising regularly, and avoiding smoking habits, as a healthy lifestyle plays an important role in preventing and controlling diabetes as well as improving quality of life.

Keyword : age, gender body mass index, physical activity, smoking habits, type 2 diabetes mellitus

Bibliography : 77 pieces