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Judul : Hubungan Konsumsi Minuman Berpemanis dan Aktivitas Fisik Dengan Kejadian Diabetes Melitus Di Ruang Rawat Jalan Rumah Sakit MH Thamrin Cileungsi

ABSTRAK

Latar Belakang : Diabetes melitus (DM), atau sering disebut penyakit kencing manis adalah kondisi metabolik yang ditandai oleh peningkatan kadar glukosa darah melebihi batas normal, yang menyebabkan berbagai gejala pada penderitanya. Salah satu faktor risiko utama diabetes adalah gaya hidup yang tidak sehat, seperti konsumsi minuman berpemanis secara berlebihan dan kurangnya aktivitas fisik yang dapat meningkatkan risiko terjadinya diabetes melitus.

Tujuan : Untuk Mengetahui Hubungan Konsumsi Minuman Berpemanis Dan Aktivitas Fisik Dengan Kejadian Diabetes Melitus Di Ruang Rawat Jalan Rumah Sakit MH Thamrin Cileungsi.

Metode : Penelitian ini menggunakan pendekatan kuantitatif dengan desain *cross sectional*. Teknik pengambilan sampel menggunakan *purposive sampling* sebanyak 90 penderita DM. Data dikumpulkan dengan cara wawancara yang terdiri dari kuesioner *Global Physical Activity Questionnaire* (GPAQ) dan kuesioner konsumsi minuman berpemanis. Analisis univariat dilakukan secara deskriptif dan analisis bivariat menggunakan uji *chi square*.

Hasil : Hasil penelitian menunjukkan bahwa mayoritas responden berusia > 45 tahun sebanyak 80 responden dengan persentase (88,9%), mayoritas responden berjenis kelamin perempuan sebanyak 54 responden dengan persentase (60%), mayoritas responden memiliki riwayat keluarga dengan DM sebanyak 49 responden dengan persentase (54,4%), mayoritas responden abnormal GDS > 200 mg/dL sebanyak 62 responden dengan persentase (68,9%), mayoritas responden sering mengonsumsi minuman berpemanis sebanyak 55 responden dengan persentase (61,1%), dan mayoritas responden tingkat aktivitas fisik rendah sebanyak 63 responden dengan persentase (70%). Hasil penelitian ini juga menunjukkan hubungan antara konsumsi minuman berpemanis dengan kejadian diabetes melitus menggunakan uji *chi square* diperoleh nilai *p value* 0,031 (<0,05) artinya ada hubungan yang bermakna secara statistik, dan hasil penelitian menunjukkan hubungan aktivitas fisik dengan kejadian diabetes melitus menggunakan uji *chi square* diperoleh nilai *p value* 0,000 (<0,05) artinya ada hubungan yang bermakna secara statistik.

Kesimpulan : Hasil penelitian ini menunjukkan bahwa ada hubungan yang bermakna antara konsumsi minuman berpemanis dan aktivitas fisik dengan kejadian diabetes melitus.

Kata Kunci : Diabetes melitus, DM, Konsumsi minuman berpemanis, Aktivitas fisik, Sugar sweetened beverages

Daftar Pustaka : 73 buah (2016-2024)

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Title : *The Relationship between Sugar-Sweetened Beverage Consumption and Physical Activity with the Incidence of Diabetes Mellitus in the Outpatient Room of MH Thamrin Cileungsi Hospital*

ABSTRACT

Background: Diabetes mellitus (DM), or often called diabetes, is a metabolic condition characterized by an increase in blood glucose levels beyond normal limits, which causes various symptoms in sufferers. One of the main risk factors for diabetes is an unhealthy lifestyle, such as excessive consumption of sugar-sweetened beverages and lack of physical activity which can increase the risk of diabetes mellitus.

Objective: To determine the relationship between consumption of sugar-sweetened beverages and physical activity with the incidence of diabetes mellitus in the outpatient room of MH Thamrin Cileungsi Hospital.

Methods: This study used a quantitative approach with a cross sectional design. The sampling technique used purposive sampling as many as 90 DM patients. Data were collected by means of interviews consisting of the Global Physical Activity Questionnaire (GPAQ) and the sugar-sweetened beverage consumption questionnaire. Univariate analysis was performed descriptively and bivariate analysis using the chi square test.

Results: The results showed that the majority of respondents were > 45 years old as many as 80 respondents with a percentage (88.9%), the majority of respondents were female as many as 54 respondents with a percentage (60%), the majority of respondents had a family history of DM as many as 49 respondents with a percentage (54.4%), the majority of respondents with abnormal GDS > 200 mg/dL as many as 68 respondents with a percentage (75.6%), the majority of respondents often consumed sugar-sweetened beverages as many as 55 respondents with a percentage (61.1%), and the majority of respondents had low physical activity levels as many as 62 respondents with a percentage (70%). The results of this study also showed a relationship between consumption of sugar-sweetened beverages with the incidence of diabetes mellitus using the chi square test obtained a p value of 0.031 (<0.05), meaning that there was a statistically significant relationship, and the results showed a relationship between physical activity and the incidence of diabetes mellitus using the chi square test obtained a p value of 0.000 (<0.05), meaning that there was a statistically significant relationship.

Conclusion: The results of this study indicate that there is a significant relationship between consumption of sugar-sweetened beverages and physical activity with the incidence of diabetes mellitus.

Keywords: Diabetes mellitus, DM, Sugar sweetened beverages consumption, Physical activity, Sugar sweetened beverages.

Bibliography: 73 pieces (2016-2024)