

FAKTOR YANG BERHUBUNGAN DENGAN GULA DARAH SEWAKTU PADA PASIEN DIABETES MELITUS TIPE 2 DI PUSKESMAS KRAMAT JATI TAHUN 2026

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ABSTRAK

Latar Belakang: Diabetes melitus tipe 2 merupakan penyakit metabolik yang ditanda peningkatan kadar glukosa darah dan dipengaruhi berbagai faktor, termasuk karakteristik individu, aktivitas fisik, *visceral fat*, dan kepatuhan diet. Tujuan: Penelitian ini bertujuan mengetahui hubungan karakteristik, aktivitas fisik, *visceral fat*, dan kepatuhan diet dengan gula darah sewaktu (GDS) pada pasien diabetes melitus tipe 2 di Puskesmas Kramat Jati. Metode: Metode yang digunakan dalam penelitian ini yaitu metode kuantitatif dengan desain *cross-sectional* yang dilakukan pada bulan Agustus 2026. Jumlah sampel yang digunakan sebanyak 120 pasien dipilih menggunakan *purposive sampling*. Data dikumpulkan melalui kuesioner karakteristik dan pengetahuan, pengukuran antropometri, BIA untuk *visceral fat*, *SQ-FFQ* untuk melihat kepatuhan diet pasien, dan kuesioner aktivitas fisik IPAQ, serta pemeriksaan GDS. Analisis menggunakan uji Chi-Square dengan $\alpha=0,05$. Berdasarkan hasil penelitian. Hasil: sebagian besar pasien berusia ≥ 45 tahun (96,7%), berjenis kelamin wanita (71,7%), berpengetahuan baik (70,8%), memiliki aktivitas fisik kurang (65,0%), *visceral fat* berlebih (69,2%), dan tidak patuh diet (71,7%). Terdapat hubungan signifikan antara usia dan GDS ($p=0,001$; OR = 0,026), tetapi tidak terdapat hubungan antara jenis kelamin ($p=1,000$), pengetahuan ($p=0,672$), aktivitas fisik ($p=0,095$), *visceral fat* ($p=0,435$), dan kepatuhan diet ($p=0,672$) dengan GDS. Kesimpulan: penelitian ini adalah usia berhubungan signifikan dengan GDS, sedangkan variabel lainnya tidak menunjukkan hubungan signifikan. Disarankan pasien diabetes melitus tipe 2 dapat melakukan pemantauan gula darah secara rutin, terutama pada usia ≥ 45 tahun, serta tetap menerapkan pola makan yang sesuai, melakukan aktivitas fisik secara teratur, dan mengikuti anjuran pengobatan untuk membantu menjaga kadar gula darah. Puskesmas diharapkan dapat meningkatkan pemantauan gula darah secara berkala serta memberikan evaluasi mengenai pengelolaan diabetes melitus kepada pasien.

Kata kunci: Diabetes Melitus Tipe 2, Gula Darah Sewaktu, Usia, Pengetahuan, Aktivitas Fisik, *Visceral fat*, Kepatuhan Diet

The Relationship between Various Factors With Random Blood Glucose Among Patients With Type 2 Diabetes Melitus At Kramat Jati Public Health Center in 2026

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ABSTRACT

Background: Type 2 diabetes melitus is a metabolic disease characterized by elevated blood glucose levels and influenced by various factors, including individual characteristics, physical activity, visceral fat, and dietary adherence. Objective: This study aimed to determine the relationship between individual characteristics, physical activity, visceral fat, dietary adherence, and random blood glucose (RBG) levels among patients with type 2 diabetes melitus at Kramat Jati Public Health Center. Methods: This study employed a quantitative method with a cross-sectional design and was conducted in August 2026. A total of 120 patients were selected using purposive sampling. Data were collected using questionnaires on individual characteristics and knowledge, anthropometric measurements, bioelectrical impedance analysis (BIA) to assess visceral fat, a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) to assess dietary adherence, the International Physical Activity Questionnaire (IPAQ) to assess physical activity, and random blood glucose (RBG) measurements. Data were analyzed using the Chi-Square test with $\alpha = 0.05$. Results: The results showed that most patients were aged ≥ 45 years (96.7%), female (71.7%), had good knowledge (70.8%), had low physical activity levels (65.0%), had excessive visceral fat (69.2%), and were non-adherent to the recommended diet (71.7%). A significant relationship was found between age and RBG levels ($p = 0.001$; OR = 0.026), whereas no significant relationships were found between sex ($p = 1.000$), knowledge ($p = 0.672$), physical activity ($p = 0.095$), visceral fat ($p = 0.435$), dietary adherence ($p = 0.672$), and RBG levels. In conclusion, age was significantly associated with RBG levels, while the other variables did not show significant associations. Patients with type 2 diabetes melitus are recommended to monitor their blood glucose levels regularly, particularly those aged ≥ 45 years, maintain an appropriate diet, engage in regular physical activity, and follow prescribed treatment recommendations to help maintain blood glucose control. The Kramat Jati Public Health Center is expected to improve regular blood glucose monitoring and provide ongoing evaluation and education regarding diabetes management for patients.

Keywords: Type 2 Diabetes melitus, Random Blood Glucose, Age, Knowledge, Physical Activity, Visceral Fat, Dietary Adherence