

## Risiko penyakit diabetes mellitus tipe 2 di kalangan peminum kopi di kotamadya Palembang tahun 2006-2007

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### Abstrak

Penyakit DM tipe 2 menyerang usia dewasa diatas 40 tahun dengan komplikasi yang serius. Tujuan penelitian ini adalah meneliti apakah konsumsi kopi dapat menurunkan resiko kejadian diabetes tipe 2. Desain penelitian menggunakan studi kasus kontrol dengan DM tipe 2 sebagai kelompok kasus dan kontrol non DM tipe 2 dengan sampel sebanyak 482 tiap kelompok.

Hasil penelitian kelompok non diabetes tipe 2 lebih banyak minum kopi murni dengan odd ratio = 0.75 dapat disimpulkan kopi murni merupakan faktor proteksi diabetes tipe 2 dan bermakna  $\#1048675;2=4.61$ ,  $p=0.036$ , Takaran 1-3 sendok makan dibandingkan dengan kelompok yang tidak minum kopi didapatkan odd ratio=0.65,  $p=0.001036$ .

Secara keseluruhan lamanya minum kopi didapatkan odd ratio rerata = 0.863 dan spearman korelasi bermakna pada  $p < 0.01$ . Secara keseluruhan didapatkan odd ratio = 0.758 antara jumlah kopi yang diminum perhari dengan kejadian diabetes tipe 2, disimpulkan jumlah kopi yang diminum berperan menurunkan angka kejadian diabetes tipe 2. dengan korelasi spearman = -0.121. Dari hasil analisa logistik regresi didapatkan seluruh kekentalan campuran kopi merupakan faktor protektif dari kejadian diabetes tipe 2. dan takaran 3 sendok tanpa gula mempunyai faktor protektif yang sangat tinggi.

.....The Risk of Type 2 Diabetic among Coffee Drinker in Palembang Municipality Year of 2006-2007. Prevalence of Type 2 Diabetic approximately 4.7%, and expose people age of 40 year above with serious complications. The objectived of the research was to find out the association between cofee consumption dan the risk of type 2 diabetic.

Method : The design of the research was case control study with type 2 diabetic as cases group and non diabetic type 2 as control group with matching of the aged group with sample size 482 for each group.

Result: Pure coffee consumption of 1- 3 tea spoon the odd ratio was 0.65. and for group less than 1 year the odd ratio =0.49, 1-2 years the odd ratio = 0.55, 3-5 years the odd ratio = 0.13, 6-10 years odd ratio=0.42, 11-20 the odd ratio =0.60 and more than 20 years the odd ratio=0.29 and it could concluded the risk of type 2 diabtetic inversely associated with duration of coffee consumption. The overall odd ratio of coffee consumption frequencies was 0.758 with spearman correlation = -0.121, or more frequently coffe consumsption the lowest risk of type 2 diabetic. By regresion analysis it was found out the overall coffee viscosities was protected factors for the risk of type 2 diabtetic especially mixed 3 spoon coffee with out sugar had high protected index.