

Korelasi perubahan indeks massa tubuh dengan hasil pengukuran gula darah sewaktu pada pasien diabetes di Posbindu PTM Binaan KDK FKUI Kayu Putih = The correlation between changes in body mass index and random blood glucose measurements in patients with diabetes at community health post of non communicable disease KDK FKUI Kayu Putih

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Abstrak

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Obesitas telah diidentifikasi sebagai salah satu faktor risiko penyakit tidak menular. Peningkatan berat badan dapat memicu resistensi insulin sehingga dapat menyebabkan peningkatan kadar gula darah di dalam tubuh. Posbindu penyakit tidak menular PTM memiliki peran dalam mendeteksi dini serta memantau faktor risiko penyakit tidak menular, seperti diabetes mellitus. Oleh karena itu, penelitian ini bertujuan untuk mengetahui adanya korelasi perubahan indeks massa tubuh dengan kadar gula darah sewaktu pada pasien diabetes di Posbindu PTM. Perubahan indeks massa tubuh merupakan hasil dari indeks massa tubuh kunjungan kedua dikurangi indeks massa tubuh kunjungan pertama. Yang dimaksud dengan hasil pengukuran gula darah sewaktu yaitu hasil dari kadar gula darah sewaktu kunjungan kedua dikurangi kadar gula darah sewaktu kunjungan pertama. Penelitian ini menggunakan pendekatan cross sectional dengan sampel sebanyak 47 pasien diabetes yang telah melakukan kunjungan minimal dua kali. Mayoritas subyek penelitian yaitu perempuan 76,6, dan rata-rata usia 57 tahun 9 tahun. Indeks massa tubuh pada subyek penelitian adalah 25,06 SD 3,541 dan 25,13 SD 3,455; atau mengalami overweight. Kadar gula darah sewaktu diperoleh 239,26 SD 125,139 dan 213,15 SD 105,377; atau kadarnya >200 mg/dL. Pada uji korelasi Spearman, nilai koefisien korelasi r sebesar -0,100 dan nilai  $p = 0,504$   $p > 0,05$ . Kesimpulannya, tidak terdapat korelasi antara perubahan indeks massa tubuh dengan kadar gula darah sewaktu pada pasien diabetes di Posbindu PTM Binaan KDK FKUI Kayu Putih. Kata kunci: Indeks massa tubuh, gula darah sewaktu, diabetes, Posbindu PTM

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**ABSTRAK**

Obesity has been identified as one of the risk factors for non communicable disease. Increased body weight can induce insulin resistance so it can cause increased blood glucose in the body. Non Communicable Disease of Community Health Post KDK FKUI Kayu Putih acts to early detection and monitoring the risk factors of non communicable disease, such as diabetes mellitus. The aim of this study was to investigate the correlation between the changes of body mass index and random blood glucose level in patients with diabetes at community health post of non communicable disease. The changes in body mass index was the results of body mass index in the second visit reduced body mass index in the first visit. The random blood glucose measurements was also defined as the results of random blood glucose level in the second visit reduced random blood glucose level in the first visit. This study was a cross sectional study, consisted of 47 samples of patient diabetes who had been visited at least twice. The majority of subjects was female 76,6, and mean age of subjects was 57 9 years. Body mass index of subjects was 25,06 SD 3,541 and 25,13 SD

3,455 or overweight. And, random blood glucose level of subjects was 239,26 SD 125,139 and 213,15 SD 105,377 , which was 200 mg dL. In Spearman rsquo s correlation method, the correlation coefficient r was 0,100 and p value 0,504 p 0,05 . In conclusion, there was no correlation between changes in body mass index and random blood glucose levels in patients with diabetes in community health post of non communicable disease KDK FKUI Kayu Putih. Keywords Body mass index, random blood glucose, diabetes, Community Health Post of Non Communicable Disease