

## Evaluasi Perilaku Berobat terhadap Penurunan Parameter Glikemik Penderita Diabetes Melitus Tipe 2: Studi Kohor Bogor = Evaluation of Behavior Medical on Decrease Glicemic Parameters of Type 2 Diabetes Mellitus: Cohort Study of Bogor.

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### Abstrak

#### **ABSTRAK**

Penelitian terkait evaluasi perilaku berobat penderita diabetes melitus (DM) tipe 2 terhadap penurunan parameter glikemik di Indonesia dengan big data skala nasional masih sangat terbatas. Tujuan penelitian mengevaluasi perilaku berobat penderita DM tipe 2 terhadap penurunan parameter glikemik ( kadar gula darah puasa (GDP) dan gula darah 2 jam pasca pembebanan (GDPP)). Metode penelitian kohor retrospektif menggunakan subset data sekunder Studi Kohor Bogor dengan membandingkan proporsi kelompok perilaku berobat dan kelompok perilaku tidak berobat terhadap penurunan parameter glikemik. Pengambilan subset data bulan Agustus 2019, didapatkan sampel responden dengan pemantauan 4 tahun, kelompok berobat 62 dan kelompok tidak berobat 105 responden. Hasil penelitian, proporsi penurunan parameter glikemik kelompok berobat lebih besar (GDP 80,6% dan GD2PP 90,3%) dibandingkan kelompok tidak berobat (GDP 42,0% dan GD2PP 67,3%). Terdapat perbedaan signifikan penurunan kadar GDP dan GDPP kelompok berobat dan tidak berobat (nilai  $p < 0,05$ ). Perilaku berobat meningkatkan kejadian penurunan kadar GDP selama 4 tahun sebesar 3,304 kali dibandingkan perilaku tidak berobat, setelah dikontrol oleh variabel penurunan kadar LDL dan penggunaan obat tablet. Perilaku berobat meningkatkan kejadian penurunan kadar GDPP selama 4 tahun sebesar 3,064 kali dibandingkan perilaku tidak berobat, setelah dikontrol oleh variabel penggunaan obat tablet, penurunan kadar LDL dan aktifitas fisik yang cukup.

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#### **ABSTRACT**

Research related to the evaluation of the treatment behavior of people with diabetes mellitus (DM) type 2 on the decrease in glyceimic parameters in Indonesia with a national big data scale is still very limited. The purpose of this study is to evaluate the treatment behavior of patients with type 2 diabetes against glyceimic parameters (fasting plasma glucose (FPG) and post prandial glucose (PPG)). The retrospective cohort study method uses a secondary data subset of the Bogor Cohort Study by comparing the proportions of the treatment behavior group and the non-treatment behavior group to decrease glyceimic parameters. Taking a subset of data in August 2019, obtained a sample of respondents with 4 years of monitoring, 62 treatment groups and 105 respondent non-treatment groups. The results of the study, the proportion of the decrease in glyceimic parameters of the treatment group was greater (FPG 80.6% and PPG 90.3%) compared to the group without treatment (FPG 42.0% and PPG 67.3%). There was a significant difference in the decrease in levels of FPG and PPG in the treatment and non-treatment groups ( $p$  value  $< 0.05$ ). Behavior of treatment increases the incidence of decreasing levels of GDP for 4 years by 3,304 times compared to non-treatment behavior, after being controlled by the variable decrease in LDL levels and the use of tablet drugs. Behavior of treatment increases the incidence of decreasing levels of GDPP for 4 years by 3.064 times compared to the behavior of no treatment, after being controlled by the variable drug use of tablets, decreased levels of

LDL and sufficient physical activity.