

ABSTRAK

Judul : Hubungan Densitas Energi Diet, Asupan Karbohidrat, Serat, Tingkat Stres Dan Kadar Glukosa Darah Puasa Pada Pasien Diabetes Melitus Di Puskesmas Kecamatan Kebon Jeruk

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Program Studi : Gizi

Menurut Riskesdas tahun 2013 gula darah puasa terganggu 36,6% dan toleransi glukosa terganggu 29,9%. Prevalensi DM yang di diagnosis oleh dokter sebesar 2,1%. Hal ini diakibatkan dari pola makan yang tidak baik, yang mengandung tinggi lemak, gula dan rendah serat yang akan memengaruhi kadar glukosa darah puasa. Penelitian ini bertujuan untuk mengetahui adanya hubungan densitas energi diet, asupan karbohidrat, serat, tingkat stres dan kadar glukosa darah puasa pada DM tipe 2. Desain yang digunakan adalah cross-sectional. Pengambilan sampel dilakukan dengan teknik Purposive Sampling, sampel dalam penelitian ini adalah pada pasien DM tipe 2. Analisa data ini menggunakan uji Rank Spearman dan Uji Pearson. Hasil penelitian menunjukkan bahwa ada hubungan densitas energi diet ($p = 0,002$), ada hubungan asupan karbohidrat ($p = 0,001$), ada hubungan tingkat stres ($p = 0,001$), depresi ($p = 0,015$), kecemasan ($p = 0,000$) dan kadar glukosa darah puasa pada pasien diabetes melitus tipe 2. Tidak ada hubungan asupan serat ($p = 0,065$) dan kadar glukosa darah puasa. Perlu adanya edukasi kepada pasien terkait pola pikir.

Kata kunci : densitas energi diet, supan karbohidrat, asupan serat, kadar glukosa darah puasa, tingkat stres.

ABSTRACT

Title : The Relationship Between Dietary Energy Density, Intake Of Carbohydrate, Fiber, Stress Level and Fasting Blood Glucose Level in Diabetes Melitus Patients In Puskesmas Kebon Jeruk Subdistrict

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Study Program : Nutrition

According to Riskesdas in 2013, impaired fasting blood glucose is about 36.6 % and impaired glucose tolerance is 29.9%. prevalence DM that has been diagnosed by doctor is 2.1%. this is caused by bad eating pattern where it contains high fat and sugar also low fiber that will affect fasting blood glucose level. This study aims to find out the relationship between dietary energy density, intake of carbohydrate, fiber, stress level and fasting blood glucose level in type 2 DM. This study used cross-sectional design. Sampling was done by Purposive Sampling Technique. The sample in this research was type 2 DM patients. The analysis used Rank Spearman and Pearson Test. The result of the research shows that there was a association dietary energy density ($p = 0,002$), there was a relation intake of carbohydrate ($p = 0,001$), there was a relation stress level ($p = 0,001$), the depression ($p = 0,015$), the anxiety ($p = 0,000$) and fasting blood glucose level in patients with DM type 2. There was not association between intake of fiber ($p = 0,065$) and fasting blood glucose level. Education is needed for patients related with mindset, food selection which allowed and not for DM type 2 patients.

Keyword: Dietary energy density, intake of carbohydrate, intake of fiber, fasting blood glucose level, stress level.