

ABSTRACT

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Study Program : Public Health
Tittle : Factor Facktors that Affect the Occurrence of Diabetes Mellitus Type II in Kebon Jeruk District Health in 2018

Diabetes mellitus is a condition that results in an increase in blood sugar levels that are chronic as a result of a disruption in the metabolism of carbohydrates, fats, and proteins due to a deficiency of the hormone insulin. The main problem in people with DM is the occurrence of complications, especially the complications of chronic DM which is the main cause of morbidity and mortality in DM patients. Type II DM is caused by a combination of peripheral resistance to insulin action in response to inadequate insulin secretion by pancreatic beta cells. This research is a quantitative study with a cross sectional design. This research was conducted at the Kebon Jeruk District Health Center in West Jakarta in 2018, with a sample size of 77 samples or respondents. Independent variables included family history, age, gender, physical activity, obesity and hypertension. The dependent variable is type II diabetes mellitus. Analysis of the relationship between two variables was measured using the chi square test. The results showed that there was a relationship between life history ($p = 0,000$), age ($p = 0,008$), physical activity ($p = 0,000$), and obesity ($p = 0,028$) with the incidence of type II DM in Kebon Jeruk District Health Center in 2018. It is recommended that people who have a family history of DM to immediately detect DM disease and apply a healthy lifestyle, carry out physical activities for at least 15-20 minutes every day, health workers are also advised to continue to conduct health education related to DM disease.

Keywords : Diabetes Mellitus Type II, Family History, Age, Gender
Physical activity, Obesity, Hypertension.
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