

## ABSTRAK

**Judul** : **Determinan Kualitas Hidup Pasien Diabetes Melitus Tipe 2 di Puskesmas Kecamatan Kebon Jeruk Jakarta Barat**  
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IV Bab, 109 Halaman, 22 Tabel, 6 Lampiran

**Latar Belakang** : Diabetes melitus yang tidak dikelola dengan baik dalam jangka waktu yang lama akan berkontribusi terhadap terjadinya komplikasi kronik. Hal ini akan berdampak terhadap kualitas hidup pasien diabetes melitus. Penurunan kualitas hidup dapat mempengaruhi umur harapan hidup pasien diabetes melitus dan secara signifikan dapat mempengaruhi terhadap peningkatan angka kematian. Menurut data dari *International Diabetes Federation (IDF)* pada tahun 2013, Indonesia menempati peringkat ke tujuh dunia. Pada tahun yang sama persentase angka kematian akibat diabetes melitus di Indonesia menempati peringkat ke dua di Asia dengan persentase sebesar 6,7%.

**Tujuan** : Mengetahui determinan kualitas hidup pasien diabetes melitus tipe 2 di Puskesmas Kecamatan Kebon Jeruk Jakarta Barat tahun 2018.

**Metode** : Penelitian ini menggunakan desain *cross-sectional*. Sampel penelitian berjumlah 84 responden dengan menggunakan rumus uji hipotesis beda proporsi, teknik pengumpulan data menggunakan kuesioner *food recall 2x24 jam*, *HDFSS*, *DQOL*, alat bantu *microtoise*, timbangan injak, *gluco meter*, *food photography*, dan *nutrisurvey*.

**Hasil** : Terdapat 95,2% responden memiliki kualitas hidup buruk. Berdasarkan hasil uji statistik *Chi-square* menunjukkan terdapat hubungan yang signifikan antara status gizi ( $p=0,001$ ), kepatuhan diet ( $p=0,009$ ), kadar glukosa darah puasa ( $p=0,0001$ ), dukungan keluarga ( $p=0,005$ ) dengan kualitas hidup pasien diabetes melitus tipe 2. Berdasarkan uji regresi logistik didapatkan variabel yang paling berpengaruh terhadap kualitas hidup yaitu kadar glukosa darah puasa ( $OR=32,065$ ).

**Kesimpulan** : Terdapat hubungan signifikan antara status gizi, kepatuhan diet, kadar glukosa darah puasa, dukungan keluarga dan kualitas hidup pasien diabetes melitus tipe 2, dan kadar glukosa darah puasa adalah variabel yang paling berpengaruh terhadap kualitas hidup.

**Kata kunci** : Diabetes Melitus, Kualitas Hidup, Status Gizi, Kepatuhan Diet, Kadar Glukosa Darah Puasa, Dukungan Keluarga.

**ABSTRACT**

**Judul** : *Determinants of Quality of Life for Patients with Type 2 Diabetes Mellitus in the Kebon Jeruk District Health Center, West Jakarta*  
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IV Chapters, 109 Pages, 22 Tables, 6 Attachments

**Background** : Diabetes mellitus that is not managed well over a long period of time will contribute to the occurrence of chronic complications. This will have an impact on the quality of life of patients with diabetes mellitus. Declining quality of life can affect the life expectancy of patients with diabetes mellitus and can significantly affect the increase in mortality. According to data from the International Diabetes Federation (IDF) in 2013, Indonesia was ranked seventh in the world. In the same year the percentage of deaths due to diabetes mellitus in Indonesia ranked second in Asia with a percentage of 6.7%.

**Purpose** : To determine the quality of life determinant of patients with type 2 diabetes mellitus in Kebon Jeruk District Health Center, West Jakarta in 2008.

**Methods** : This study uses a cross-sectional design. The study sample amounted to 84 respondents using different proportional hypothesis test formulas, data collection techniques using a 2x24 hour food recall questionnaire, HDFSS, DQOL, microtoise, stepping scales, gluco meters, food photography, and nutrisurvey.

**Result** : There are 95.2% of respondents have a poor quality of life. Based on the results of Chi-square statistical tests showed a significant relationship between nutritional status ( $p = 0.001$ ), diet adherence ( $p = 0.009$ ), fasting blood glucose levels ( $p = 0.0001$ ), family support ( $p = 0.005$ ) and quality life of patients with type 2 diabetes mellitus. Based on the logistic regression test found the most influential variable on quality of life is fasting blood glucose levels ( $OR = 32.065$ ).

**Conclusion** : There is a significant relationship between nutritional status, diet adherence, fasting blood glucose levels, family support and quality of life of type 2 diabetes mellitus patients, and fasting blood glucose levels are the most influential variables on quality of life.

**Keywords** : Diabetes Mellitus, Quality of Life, Nutritional Status, Diet Compliance, Fasting Blood Glucose Level, Family Support.