

ABSTRACT

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Title : *Relationship between Sex, Age, and Physical Activity with Type 2 Diabetes Mellitus in the Elderly at Balaraja Health Center, Tangerang District, 2020*

Based on the results of the preliminary survey at the Elderly Polyclinic of Balaraja Health Center, Tangerang Regency, patients with type 2 diabetes mellitus continued to experience an increase, in 2017, 2018 and 2019 the total number of patient visits was 9,864, 12,783, and 6,945 patients with diabetes mellitus as many as 1,054 (10.68 %), 1,506 (11.78%), and 1,005 patients (14.47%). The purpose of this study was to analyze the relationship between sex, age, and physical activity with type 2 diabetes mellitus in the elderly. This study used a cross sectional design. This research was conducted from 1 December 2020 to 30 January 2021. The number of respondents studied was 189 people using systematic random sampling technique. Primary data collection using questionnaires and secondary data using patient medical record data. The analysis used in this research is univariate and bivariate analysis using the chi-square test. The results showed the highest proportion of respondents who did not suffer from type 2 diabetes mellitus as many as 144 people (76.2%), female gender as many as 106 (56.1), elderly age (60 + years) as many as 126 (66.7%), and in high physical activity as many as 170 people (89.9%). The bivariate results showed that there was a relationship between gender PR 2.15 (95% CI: 1.19-3.90), and PR age 1.75 (95% CI: 1.06-2.89) with type 2 diabetes mellitus. However, there was no relationship between physical activity PR 0.87 (95% CI: 0.35-2.17) and type 2 diabetes mellitus. health checks in one village / village so that diabetics still get health services, teach patients to do a diabetes mellitus diet, advise patients to be able to change their lifestyle to be healthier, and do counseling about the importance of physical activity for the elderly or hold activities by inviting the community to active physical activities such as holding healthy gymnastics.

Keywords: Type 2 diabetes mellitus, sex, age, physical activity

XVII + 72: 1 Figures and 15 Tables

Reference: 58 (2006-2020)