

ABSTRAK

Yurike Amu. 2014. *Faktor Resiko Kejadian Penyakit Diabetes Melitus Tipe II di RSUD Prof. Dr. Hi. Aloei Saboe Kota Gorontalo.* Skripsi, Jurusan Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I dr. Zuhriana K. Yusuf, M.Kes dan Pembimbing II Dr. Hj. Rosmin Ilham, S.Kep, Ns, MM.

Diabetes Melitus (DM) merupakan salah satu masalah kesehatan. Data IDF menunjukkan jumlah penderita Diabetes Melitus tahun 2012 mencapai 371 juta orang, di Indonesia 7.6 juta orang, data Dikes Provinsi Gorontalo menunjukkan jumlah penderita Diabetes Melitus 1188 orang, di RSUD. Prof. Dr. Hi. Aloei Saboe 927 orang. Tujuan penelitian untuk mengidentifikasi faktor resiko kejadian penyakit Diabetes Melitus tipe II yakni genetik, usia, obesitas, tekanan darah, dan olahraga.

Desain penelitian yang digunakan adalah kuantitatif dengan studi *Observasional dengan pendekatan Deskriptif*. Populasi dalam penelitian adalah semua pasien Diabetes Melitus Tipe II yang berkunjung di Poli klinik penyakit dalam pada saat penelitian. Pengambilan sampel dengan cara *Accidental Sampling*, jumlah sampel 34 responden.

Hasil penelitian didapatkan penderita DM dengan faktor genetik (88.24%), (88.24%) faktor usia, (73.5%) faktor obesitas, (35.3%) hipertensi ringan dan (17.6%) hipertensi sedang serta (2.9%) hipertensi berat, (41.1%) kadang olahraga, (47.1%) tidak pernah melakukan olahraga.

Kesimpulan dari penelitian sebagian besar penderita Diabetes dengan faktor resiko genetik, usia, obesitas, hipertensi ringan, dan kurangnya aktivitas fisik atau olahraga. Disarankan untuk peneliti selanjutnya agar meneliti faktor resiko Diabetes Melitus Tipe II yang lain guna untuk pendidikan dimasa akan datang.

Kata Kunci : Diabetes Melitus, Faktor Resiko.

ABSTRACT

Yurike Amu. 2014. *Risk Factors the Incidence of Diabetes Mellitus Type II at RSUD. Prof. Dr. Hi. Aloe Saboe of Gorontalo City.* Skripsi, Department of Nursing Faculty of Health and Sport Sciences, Universitas Negeri Gorontalo. The Principal Supervisor was dr. Zuhriana K. Yusuf, M.Kes and the Co-Supervisor was Dr. Hj. Rosmin Ilham, S.Kep, Ns, MM.

Diabetes Mellitus is one of health problems. Data of IDF showed that the numbers of Diabetes Mellitus patient in 2012 reached 371 million people, particularly in Indonesia, there are 7,6 million people. More over, the data of Department of Health in Gorontalo showed that the numbers of Diabetes Mellitus patient are 1188 people, while data of Prof. Dr. Hi. Aloe Saboe Hospital shows are 927 people. The research aimed to identify the risk factors for the incidence of Diabetes Mellitus type II such as genetic, age, obesity, blood pressure and sport.

The research design was quantitative by having Observstisnal study with *Descriptive approach*. Population of research was all Diabetes Mellins Type II patients which visiting clinic for intenal disease when the research was conducted. The research samples wers 34 respondents gained through *Accidental Sampling*.

The research reesult showed that the percentage of diabetes mellitus patients caused by genetic factor was 88.24%, age factor was 88.24%, obesity factor was 73.5%, mild hypertension was 35.3%, moderate hypertension was 17.6% and severe hypertensian was 2.9%, less exercise was 41.1%, and never exercise was 47.1%.

The conclusion of research was almost Diabetes patients caused by genetic, age, obesity, mild hypertension, and less of exercise risk factors. It was suggested to the futher researcher to conduct the research of other risk factors of Diabetes Mellitus Type II for the better education.

Keywords : Diabetes Mellitus, Risk Factors.