

ABSTRAK

Rusni I. Nggilu. 2015. *Hubungan IMT Dengan Kadar Gula Darah Sewaktu Penderita DM Tipe 2 Di Wilayah Kerja Puskesmas Global Kecamatan Limboto Kabupaten Gorontalo.* Skripsi, Program Studi S1 Keperawatan, Fakultas Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I **Suwarly Mobiliu, S.Kp., M.Kep,** dan Pembimbing II **dr. Siti Rahma, M.Kes.**

Diabetes melitus merupakan penyakit gangguan metabolisme kronis yang ditandai dengan peningkatan kadar gula darah (hiperglikemia), yang disebabkan karena ketidakseimbangan antara suplay dan kebutuhan insulin. IMT dikatakan sebagai faktor resiko utama berkembangnya resistensi insulin pada penderita DM Tipe 2. Tujuan penelitian mengetahui korelasi antara IMT dengan kadar GDS penderita DM tipe 2 di Puskesmas Global Kecamatan Limboto.

Desain penelitian menggunakan deskriptif analitik dengan pendekatan *Cross Sectional*, sampel penelitian berjumlah 50 responden anggota PROLANIS dengan tehnik *total sampling*. Pada sampel dilakukan pengukuran berat badan, tinggi badan dan kadar gula darah sewaktu. Uji analisis yang digunakan adalah *Rank Spearman*. Hasil penelitian menunjukkan sebagian besar IMT obesitas (64,0%). Kadar GDS tidak terkontrol sebanyak (74,0%). Analisis statistik menunjukkan ada hubungan IMT dengan kadar GDS penderita DM ($P = 0,004$, $r = 0,397$). Dari penelitian ini dapat disimpulkan, terdapat hubungan korelasi lemah dengan arah hubungan positif antara IMT dengan kadar gula darah sewaktu penderita diabetes melitus tipe 2 di Puskesmas Global Kecamatan Limboto.

Kata Kunci : IMT, GDS, Diabetes Melitus

Daftar Pustaka : 62 (2004-2015)

ABSTRACT

Rusni I. Nggilu. 2015. *The Correlation between IMT and Temporally Blood Sugar Level of Type 2 Diabetes Mellitus Patients at Working Area of Puskesmas Global of Sub-District of Limboto, District of Limboto.* Skripsi, Study Program of S1 Nursing, Faculty of Health Sciences and Sports, State University of Gorontalo. **The principal supervisor was Suwarly Mobiliu, S.Kp., M.Kep and the co-supervisor was dr. Siti Rahma, M.Kes.**

Diabetes mellitus is a chronic metabolic disease which is marked by the increase of blood sugar (hyperglycemia), caused by imbalance between supply and need insulin. IMT is a main factor of the development of insulin resistance on Type 2 diabetes mellitus patient at Puskesmas Global, Limboto Sub-District.

The research designed was analytical descriptive using cross sectional approach. The samples of research were 50 respondents (members of PROLANIS) gained total sampling technique. Samples was measured their weight, height, and level of temporally blood sugar. The analysis test used in this research was *Rank Spearman*. The research result showed that obesity IMT was 64,0%, level of uncontrolled GDS was 74,0%. The statistical analysis showed that there was correlation between IMT and GDS Level of diabetes mellitus ($P = 0,004$, $r = 0,397$). It can be concluded that there was week and positive correlation between IMT and level of temporally blood sugar of type 2 diabetes mellitus patients at Puskesmas Global, Limboto Sub-District.

Keywords: IMT, GDS, Diabetes Mellitus

Bibliographies: 62 (2014-2015)

