

HUBUNGAN DUKUNGAN KELUARGA DAN AKTIVITAS FISIK DENGAN KADAR GULA DARAH SEWAKTU PADA PENDERITA DIABETES MELITUS TIPE 2 DI PUSKESMAS CILACAP SELATAN II

*The Relationship Between Family Support And Physical Activity With Blood Sugar Levels
In Patients With Type 2 Diabetes Mellitus At Uptd Puskesmas Cilacap Selatan II*

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ABSTRAK

DM tipe 2 merupakan penyakit metabolik kronis yang prevalensinya terus meningkat, termasuk di wilayah kerja Puskesmas Cilacap Selatan II. Ketidakteraturan dalam pengelolaan penyakit ini dapat menyebabkan komplikasi, baik yang ringan (*minor*) maupun berat (*mayor*). Aktivitas fisik dan dukungan keluarga berperan penting dalam mengontrol kadar gula darah pada pasien. Tujuan mengetahui hubungan antara dukungan keluarga dan aktivitas fisik dengan kadar gula darah sewaktu pada pasien diabetes melitus tipe 2 di Puskesmas Cilacap Selatan II. Metode penelitian ini menggunakan desain kuantitatif analitik dengan pendekatan cross sectional. Sampel diambil menggunakan teknik *purposiv sampling* dengan jumlah sampel 40 responden. Instrumen penelitian berupa kuesioner dukungan keluarga dan aktivitas fisik (*Baecke Questionnaire*). Data dianalisis menggunakan uji statistik *Rank Spearman*. Hasil menunjukkan (55,5%) memiliki dukungan keluarga baik, (62,5%) memiliki aktifitas fisik ringan dan (60,0%) memiliki kadar gula darah sewaktu normal (88-144) mg/dl. Kesimpulan penelitian didapatkan ada hubungan dukungan keluarga dengan kadar gula darah sewaktu pada penderita DM tipe 2 di puskesmas Cilacap Selatan II ($p\text{ value} = 0,000 \leq 0,05$). Ada hubungan aktivitas fisik dengan kadar gula darah sewaktu pada penderita DM tipe 2 di Puskemas Cilacap Selatan II ($p\text{ value} = 0,007 \leq 0,05$).

Kata Kunci: DM tipe 2, Dukungan Keluarga, Aktivitas Fisik, Kadar Gula Darah Sewaktu.

ABSTRACT

Type 2 DM is a chronic metabolic disease whose prevalence continues to increase, including in the Cilacap Selatan II Health Center working area. Irregularity in the management of this disease can lead to complications, both minor and major. Physical activity and family support play an important role in controlling blood sugar levels in patients. The purpose of this study was to determine the relationship between family support and physical activity with current blood sugar levels in patients with type 2 diabetes mellitus at the Cilacap Selatan II Health Center. This research method uses an analytic quantitative design with a cross sectional approach. Samples were taken using purposive sampling technique with a total sample of 40 respondents. The research instrument was a family support questionnaire and physical activity (*Baecke Questionnaire*). Data were analyzed using the Rank Spearman statistical test. The results showed (55.5%) had good family support, (62.5%) had mild physical activity and (60.0%) had normal blood sugar levels (88-144) mg/dl. The conclusion of the study was that there was a relationship between family support and current blood sugar levels in patients with type 2 DM in the Cilacap Selatan II health center ($p\text{ value} = 0.000 \leq 0.05$). There is a relationship between physical activity and current blood sugar levels in patients with type 2 DM at the Cilacap Selatan II Community Health Center ($p\text{ value} = 0.007 \leq 0.05$).

Keywords: Type 2 DM, Family Support, Physical Activity, Current Blood Sugar Level.