

INTISARI

Fajar Nur Hananto. Nim 3212052. Hubungan Kadar Glukosa Darah Puasa Dengan Kadar Ureum Pada Penderita Diabetes Melitus Tipe 2 Program Prolanis di Puskesmas Slogohimo

Penyakit diabetes melitus merupakan induk dari segala penyakit. Diabetes melitus yang berlangsung selama bertahun-tahun akan menimbulkan kemunduran faal ginjal yang ditandai kadar ureum dalam darah meningkat. Jumlah penderita diabetes di Provinsi Jawa Tengah mencapai 496,181 kasus pada tahun 2018, dan mengalami peningkatan menjadi 652,822 kasus di tahun 2019. Penyakit diabetes melitus di Slogohimo menempati urutan kedua setelah hipertensi yaitu 1230 pasien. Penelitian ini bertujuan untuk mengetahui hubungan kadar glukosa darah puasa dengan kadar ureum pada penderita diabetes melitus tipe 2 program Prolanis di Puskesmas Slogohimo. Penelitian ini bersifat *analitic correlative* dengan pendekatan *cross sectional*. Subyek penelitian ini adalah 45 penderita diabetes tipe 2 program prolanis Puskesmas Slogohimo diambil secara *purposive sampling*. Waktu penelitian Oktober-April 2022. Penelitian ini menggunakan variabe bebas glukosa darah puasa dan variabel terikat kadar ureum. Pemeriksaan kadar glukosa darah puasa dan ureum menggunakan alat Photometer 5010. Analisa data dengan uji *Chi-Square tabel kostingensi 2x2* pada tingkat kepercayaan 95% menggunakan bantuan komputer dengan program *Statistical Product and Service Solutions* versi 19. Hasil analisis penelitian menunjukkan nilai signifikansi (p) yaitu $0,043 < \alpha = 0,05$. Nilai koefisien kostingensi sebesar 0.309 menunjukkan bahwa hubungan antara kadar glukosa darah puasa dan kadar ureum pada penderita diabetes meitus tipe 2 program prolanis di Puskesmas Slogohimo berada pada tingkat hubungan rendah. Kesimpulan dari penelitian ini adalah ada hubungan antara kadar glukosa darah puasa dengan kadar ureum pada penderita diabetes melitus tipe 2 program Prolanis di Puskesmas Slogohimo.

Kata Kunci: *Kadar Glukosa Darah Puasa, Kadar Ureum, Diabetes Melitus Tipe 2, Prolanis*

ABSTRACT

Fajar Nur Hananto. Nim 3212052. *Relationship Between Fasting Blood Glucose Levels and Ureum Levels In Type 2 Diabetes Mellitus Patients Prolanis Programs at The Slogohimo Health Center.*

Diabetes mellitus is the mother of all diseases. Diabetes mellitus that lasts for years will cause a decline in kidney function marked by increased levels of urea in the blood. The number of people with diabetes in Central Java province reached 496,181 cases in 2018, and increased to 652,822 cases in 2019. Diabetes mellitus in Slogohimo ranks second after hypertension, which is 1230 patients. This study aims to determine the relationship between fasting blood glucose levels and urea levels in patients with type 2 diabetes mellitus in the Prolanis program at the Slogohimo Health Center. This research is analytic correlative with cross sectional approach. The subjects of this study were 45 people with type 2 diabetes from the prolanis program at the Slogohimo Health Center taken by purposive sampling. The time of the study was October-April 2022. This study used the free variable of fasting blood glucose and the dependent variable of urea level. Examination of fasting blood glucose and urea levels using a Photometer 5010. Data analysis with Chi-Square test of costingency table 2x2 at 95% confidence level using computer assistance with Statistical Product and Service Solutions program version 19. The results of the analysis showed a significance value (p) of $0.043 \leq 0.05$. The costingency coefficient value of 0.309 indicates that the relationship between fasting blood glucose levels and urea levels in type 2 diabetes mellitus patients in the prolanis program at the Slogohimo Health Center is at a low level. The conclusion of this study is that there is a relationship between fasting blood glucose levels and urea levels in patients with type 2 diabetes mellitus in the Prolanis program at the Slogohimo Health Center.

Keywords: *Fasting Blood Glucose Levels, Urea Levels, Type 2 Diabetes Mellitus, Prolanis*