

**FAKULTAS KESEHATAN MASYARAKAT
UNIVERSITAS ANDALAS**

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**HUBUNGAN KONSUMSI BAHAN MAKANAN SUMBER INDEKS
GLIKEMIK TINGGI DENGAN KADAR GLUKOSA DARAH PADA PASIEN
DIABETES MELITUS DI POLIKLINIK KHUSUS PENYAKIT DALAM
RSUP DR. M. DJAMIL PADANG TAHUN 2016**

ix + 73 halaman, 11 tabel, 5 gambar



Tujuan Penelitian

Penyakit DM sangat terkait dengan pola perilaku, termasuk pola makan. Konsumsi makanan yang mengandung Indeks Glikemik (IG) tinggi dapat meningkatkan kadar glukosa darah. Tujuan penelitian ini untuk mengetahui hubungan konsumsi bahan makanan sumber indeks glikemik tinggi dengan kadar glukosa darah pada pasien diabetes melitus di Poliklinik khusus penyakit dalam RSUP dr. M. Djamil Padang tahun 2016.

Metode

Jenis penelitian ini adalah *analitik* dengan desain *crosssectional*. Pengambilan sampel dilakukan dengan metode *accidental sampling* dengan jumlah sampel sebanyak 94 orang. Data yang diambil adalah karakteristik responden, hasil pemeriksaan laboratorium dan konsumsi bahan makanan sumber indeks glikemik tinggi. Analisis dilakukan secara univariat dan bivariat. Analisis bivariat menggunakan uji korelasi.

Hasil

Hasil penelitian didapatkan bahwa rata-rata kadar glukosa darah 186,68 mg/dl, konsumsi karbohidrat (KH) IG tinggi 518,44 gr/hari, konsumsi minuman IG tinggi 175,12 ml/hari dan konsumsi buah-buahan IG tinggi 49,95 gr/hari. Hasil uji statistik menunjukkan ada hubungan bermakna antara konsumsi karbohidrat IG tinggi ($p=0,000$, $r=0,407$), konsumsi minuman IG tinggi ($p=0,001$, $r=0,333$) dan konsumsi buah-buahan IG tinggi ($p=0,001$, $r=0,335$) dengan kadar glukosa darah.

Kesimpulan

Konsumsi KH, minuman dan konsumsi buah-buahan yang mengandung IG tinggi berhubungan dengan kadar glukosa darah. Diharapkan pada ahli gizi dapat memberikan edukasi tentang makanan yang mengandung IG tinggi.

Daftar Pustaka : 53 (1998-2015)

Kata Kunci : Konsumsi Makanan Indeks Glikemik Tinggi, Kadar Glukosa Darah, Diabetes Melitus

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THE RELATION OF CONSUMPTION OF MEALS WITH HIGH GLICEMIC INDEX WITH THE BLOOD GLUCOSE LEVEL IN PATIENTS WITH DIABETES MELLITUS AT INTERNE POLYCLINIC OF DR. M. DJAMIL PADANG 2016.

ix + 73 page, 11 table, 5 picture

ABSTRACT

Objective of Research

Diabetet Mellitus (DM) is very related with behaviour, dietary habit. The consumption of meal with high of Glicemic Index (GI) can increase the amount of glucose in the blood (or blood glucose). The purpose of this research is to know the correlation between the consumption of meal with high level of Glicemic Index with blood glucose level in patients with diabetes mellitus at Interne Polyclinic of Dr. M. Djamil Padang 2016.

Method

The kind of this research is analytic with crossectional study. Sampling that has been done with accidental sampling method with 94 respondences. Data contains respondence characteristic, laboratorium test result, and consumption of meals with high glicemic index. The analysis was with univariate and bivariate. Bivariate analysis use correlation test.

Result

Result of the study got the average of blood glucose levels was 186.68 mg/dl, consumption of carbohydrate with high GI was 518.44 gr/day, beverage consumption with high GI 175.12 ml/day, and fruits consumption with high GI was 49.95 gr/day. The statistic test show that those have correlation between consumption of carbohydrate with high GI ($p=0.000$, $r=0.374$), beverage consumption with high GI ($p=0.001$, $r=0.333$), and fruits consumption with high GI ($p=0.001$, $r=0.335$) with blood glucose levels.

Conclusion

Consumption of carbohydrate, beverage, and fruits with high GI are correlated with blood glucose levels. We expected that nutritionists could give an education about meals with high level of glicemic index.

Daftar Pustaka (Bibliography) : 53 (1998-2015)

Keywords : Consumption of Meals with High Level Glicemic Index, Blood Glucose Index, Diabetes Mellitus