

**PRODI S1 GIZI FAKULTAS KESEHATAN MASYARAKAT  
UNIVERSITAS ANDALAS**

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**YENI HERLIYANTI, No. BP. 1411226026**

**HUBUNGAN ASUPAN ENERGI DAN ASUPAN SERAT DENGAN KADAR  
GLUKOSA DARAH PADA PASIEN DIABETES MELITUS RAWAT JALAN DI  
RSUP DR. M. DJAMIL PADANG TAHUN 2016**

x + 61 halaman, 11 tabel, 2 gambar, 8 lampiran

**ABSTRAK**

**Tujuan Penelitian**

Konsumsi energi yang melebihi kebutuhan tubuh dan rendahnya konsumsi serat menyebabkan lebih banyak kadar glukosa di dalam tubuh pada DM tipe 2. Tujuan penelitian untuk mengetahui hubungan asupan energi dan asupan serat dengan kadar glukosa darah pasien diabetes mellitus rawat jalan di RSUP Dr. M. Djamil Padang tahun 2016.

**Metode**

Jenis penelitian ini adalah *cross sectional* yang dilakukan dari bulan Januari-Juli tahun 2016. Populasi adalah seluruh pasien diabetes mellitus rawat jalan di RSUP dr. M. Djamil Kota Padang dengan jumlah sampel 113 orang. Teknik pengambilan sampel dengan teknik *block sampling*. Jenis data yang dikumpulkan adalah data primer dan data sekunder. Data primer meliputi asupan energi dan asupan serat dengan menggunakan metode recall 2 x 24 jam. Analisis data yang digunakan adalah uji *spearman correlation*.

**Hasil**

Berdasarkan hasil uji statistik diperoleh rata-rata kadar glukosa darah responden yakni 178,2 mg/dl, rata-rata asupan energi yakni 1403 kkal dan rata-rata asupan serat yakni 8,7 gr. Ada hubungan asupan energi (0,001) dan asupan serat (0,006) dengan kadar glukosa darah pasien Diabetes Mellitus.

**Kesimpulan**

Terdapat hubungan asupan energi dan asupan serat dengan kadar glukosa darah pasien diabetes mellitus. Diharapkan poli gizi dapat memberikan penyuluhan dan konsultasi yang lebih efektif dan efisien terkait asupan kebutuhan dan konsumsi serat bagi penderita diabetes mellitus.

**DaftarPustaka** : 53 (1989-2015)

**Kata Kunci** : Asupan Energi, Serat, Kadar Glukosa Darah Puasa, Diabetes Mellitus

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**Undergraduate Thesis, July 2016**

**YENI HERLIYANTI, No. BP. 1411226026**

**THE RELATION OF FIBER AND ENERGY INTAKE WITH THE BLOOD  
GLUCOSE LEVEL (BLOOD SUGAR CONCENTRATION) IN DIABETES MELITUS  
PATIENTS IN HOSPITAL OUTPATIENT DR. M DJAMIL PADANG 2016**

x + 60 page, 11 table, 2 picture, 8 appendices

**ABSTRACT**

**The Purpose of the Research**

The consumption of energy that exceeds the body needs is causing more glucose in the body, while the fiber intake give more positive effects on blood glucose level in diabetes type 2. The objective of the research is to show the relation of fiber and energy intake with the blood glucose level (blood sugar concentration) for Diabetes Mellitus patients in hospital outpatient dr. M. Djamil Padang 2016

**Method**

This is a cross sectional research which has been conducted in January to July 2016. The population is all patient with diabetes mellitus outpatient dr. M. Djamil hospital Padang that consists of 113 samples. The sampling technique is block sampling. Types of data collected is of primary and secondary data. The primary data include the intake of energy and fiber by using 2x 24 hour recall method. The analysis of the data used is the Spearman correlation test.

**Result**

Based on the statistical test results, it was obtained that the respondents' average blood glucose level is 178.2 mg / dl, and the average energy intake is 1403 kcal, as well as the average intake of fiber which is 8.7 grams. There is a relation of energy intake with blood glucose levels in patients of diabetes mellitus with p-value 0.001 th; however, there is no relation of fiber intake with blood glucose levels in patients of diabetes mellitus with p-value 0.006.

**Conclusion**

There is a relation of energy and fiber intake with blood glucose levels in diabetic patients. Furthermore, the nutritionists are expected to give counseling for patients with diabetes mellitus in order to provide them more effective and efficient information about fiber consumption needs.

**Bibliography** : 53 (1989-2015)

**Keywords** : Energy , Fiber, DM, Fasting Blood Glucose