



**UNIVERSITAS ANDALAS**

**HUBUNGAN INDEKS MASSA TUBUH (IMT) DAN OBESITAS  
SENTRAL DENGAN KADAR GLUKOSA DARAH PUASA PASIEN  
DIABETES MELITUS DI RSUP Dr.M.DJAMIL  
PADANG TAHUN 2018**

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**FAKULTAS KESEHATAN MASYARAKAT**

**UNIVERSITAS ANDALAS**

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KADAR GLUKOSA DARAH PUASA PASIEN DIABETES MELITUS DI RSUP  
Dr.M.DJAMIL PADANG TAHUN 2018  
xii + 71 halaman, 23 tabel, 5 gambar, 8 lampiran**

### **ABSTRAK**

#### **Tujuan Penelitian**

Kenaikan kadar glukosa darah dalam jangka panjang dapat menimbulkan berbagai dampak serius bagi kesehatan, seperti kebutaan, serangan jantung, gagal ginjal, amputasi kaki, penyakit serebrovaskular, serta penyakit vaskular perifer. Penelitian ini bertujuan untuk mengetahui hubungan indeks massa tubuh dan obesitas sentral dengan kadar glukosa darah pada pasien diabetes melitus di RSUP Dr.M.Djamil Padang tahun 2018.

#### **Metode**

Desain penelitian ini menggunakan *cross sectional study* di Poli Khusus rawat jalan RSUP Dr.M.Djamil dengan sampel sebanyak 40 sampel. Pengambilan data primer melalui wawancara dan pengukuran serta data sekunder diperoleh dari rekam medis pasien di RSUP Dr.M.Djamil Padang. Sedangkan analisis data bivariat dengan menggunakan uji korelasi *pearson* dan *independent sample t-test*, analisis regresi linier berganda untuk melihat adanya faktor *confounding*/pengganggu antara hubungan indeks massa tubuh dan obesitas sentral dengan kadar glukosa pasien diabetes melitus.

#### **Hasil**

Hasil analisis bivariat menunjukkan terdapat hubungan antara indeks massa tubuh dan obesitas sentral glukosa darah puasa ( $p < 0,05$ ). Variabel aktivitas fisik merupakan variabel *confounding*/pengganggu terhadap hubungan indeks massa tubuh dan obesitas dengan kadar glukosa darah.

#### **Kesimpulan**

Terdapat hubungan bermakna antara indeks massa tubuh dan obesitas sentral dengan kadar glukosa darah puasa. Untuk itu diharapkan kepada masyarakat yang telah terindikasi diabetes untuk lebih meningkatkan aktivitas fisik dengan cara rutin berolah raga agar dapat menjaga dan mengontrol kadar glukosa darah tetap berada pada kadar normal serta menjaga berat badan agar tidak melampaui batas normal.

**Daftar Pustaka** : 66 (2002-2017)

**Kata Kunci** : Indeks Massa Tubuh, Obesitas Sentral, Kadar Glukosa Darah Puasa, Asupan Karbohidrat, Aktivitas Fisik

**FACULTY OF PUBLIC HEALTH  
ANDALAS UNIVERSITY  
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**IDRI IQRA FIKHA, No. BP 1411222051**

**RELATIONSHIP OF BODY MASS INDEX AND CENTRAL OBESITY WITH THE  
FASTING BLOOD GLUCOSE LEVELS IN DIABETES MELLITUS PATIENTS AT  
Dr.M.DJAMIL PADANG HOSPITAL IN 2018**

**xii + 71 pages, 23 tables, 5 pictures , 8 attachments**

**ABSTRACT**

**Objective**

The rise in blood glucose levels in the long time can cause a range of serious health impacts, some other disease complications such as blindness, heart attack, kidney failure, amputation of the legs, diseases cerebrovascular disease, and disease peripheral vascular. This study aims to know the relationship of body mass index and central obesity with blood glucose levels in patients of diabetes mellitus at Dr.M. Djamil Hospital in 2018.

**Method**

The design of this study used cross sectional study. Research conducted at Special outpatient Poly was Dr. M. Djamil hospital with 40 respondents. Primary data taken by interviews and measurements as well as secondary data obtained from the patient's medical record was at the Dr. M. Djamil hospital. Analysis of bivariate data with pearson correlation and independent sample t-test, multiple linear regression analysis to see the presence of confounding factors/bully between the relationship of body mass index and Central obesity with glucose levels patients of diabetes mellitus.

**Result**

The results of bivariate analysis showed there was a relationship bivariat means between the body mass index with fasting blood glucose levels ( $p = 0,016$ ,  $r = 0,378$ ). There was a relationship between central obesity with fasting blood glucose levels ( $p = 0.003$ ). Physical activity variables is confounding variables of the relationship of obesity and body mass index with blood glucose levels.

**Conclusions**

There is a meaningful relationship between body mass index and central obesity with fasting blood glucose levels. In addition to the community that had expected they would diabetes to further enhance physical activity by means of routine work so that it can maintain and control their blood glucose levels remain in the normal as well as constantly weigh weight not to exceed normal limits.

**References** : 66 (2002-2017)

**Keywords** : Body Mass Index, Central Obesity, Fasting Blood Glucose Levels, Carbohydrate Intake, Physical Activity