



UNIVERSITAS ANDALAS

**HUBUNGAN TINGKAT KEPATUHAN KONSUMSI OBAT ANTIDIABETIK,
TERAPI DIET, DAN DUKUNGAN KELUARGA 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

PADANG, 2018

**FAKULTAS KESEHATAN MASYARAKAT
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Skripsi, Juli 2018**

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x + 110 halaman, 20 tabel, 2 gambar, 7 lampiran

ABSTRAK

Tujuan Penelitian

Diabetes melitus merupakan penyakit kronik dimana tubuh tidak dapat menggunakan insulin secara efektif sehingga menyebabkan gangguan dalam mengontrol kadar glukosa darah. Penelitian ini bertujuan untuk mengetahui hubungan tingkat kepatuhan konsumsi obat antidiabetik, terapi diet, dan dukungan keluarga dengan kadar glukosa darah puasa pasien diabetes melitus di RSUP Dr. M. Djamil padang tahun 2018.

Metode

Penelitian dilaksanakan bulan Juni s/d Juli tahun 2018 dengan desain *cross sectional*. Jumlah sampel penelitian ini sebanyak 65 responden. Pengukuran tingkat kepatuhan konsumsi obat antiabetik, terapi diet, dan dukungan keluarga menggunakan kuesioner. Hubungan tingkat kepatuhan konsumsi obat antidiabetik, terapi diet, dan dukungan keluarga dengan kadar glukosa darah di analisis menggunakan uji *independent sampel T-test* dengan derajat kepercayaan 95% ($\alpha < 0,05$).

Hasil

Berdasarkan hasil penelitian didapatkan 73,8% responden kadar glukosa darahnya tinggi, 63,1% responden tidak patuh dalam mengkonsumsi obat antidiabetik, 60% responden tidak patuh dalam terapi diet, 67,7% responden kurang adanya dukungan keluarga. Hasil analisis bivariat menunjukkan terdapat hubungan antara tingkat kepatuhan konsumsi obat antidiabetik, terapi diet, dan dukungan keluarga dengan glukosa darah puasa ($p < 0,05$). Hasil analisis regresi linier berganda didapatkan variabel pola konsumsi karbohidrat merupakan variabel *confounding*/pengganggu terhadap hubungan variable independen dengan variable dependen.

Kesimpulan

Terdapat hubungan tingkat kepatuhan konsumsi obat antidiabetik, terapi diet, dan dukungan keluarga dengan kadar glukosa darah puasa. Selain itu, diharapkan kepada penderita diabetes melitus untuk patuh dalam mengkonsumsi obat antidiabetik sesuai dosis yang dianjurkan dokter dan patuh dalam menjalani terapi diet.

Daftar Pustaka: 53 (1995-2017)

Kata Kunci : Kadar glukosa darah, konsumsi obat antidiabetik, terapi diet, dukungan keluarga

**FACULTY OF PUBLIC HEALTH
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TAKRIMA HUSNA ERMAN, NO. BP. 1411222015

RELATIONSHIP LEVEL OF ANTIDIABETIC DRUG CONSUMPTION COMPLIANCE, DIET THERAPY, AND FAMILY SUPPORT WITH FASTING BLOOD GLUCOSE LEVELS PATIENTS OF DIABETES MELLITUS IN DR. M. DJAMIL PADANG IN 2018

ix + 110 pages, 20 tables, 2 figures, 7 attachments

ABSTRACT

Objective

Diabetes Mellitus is a chronic disease because lack of body ability to produce insulin to maintain normal blood glucose levels. This study aims to determine the relationship between adherence levels of antidiabetic drug consumption, diet therapy, and family support with fasting blood glucose level of diabetes mellitus patients in Dr. M. Djamil padang in 2018.

Method

The study was conducted from June to July of 2018 using a cross sectional design. The number of sample from this study were 65 respondents. Measurement of the level of adherence to consumption of antiabetic drugs, diet therapy, and family support was using a questionnaire. The relationship between the level of adherence to consumption of antidiabetic drugs, diet therapy, and family support with blood glucose levels was analyzed using *independent sample T-test* with a 95% confidence level ($\alpha < 0.05$).

Results

Based on the result of research, there were 73,8% respondents high blood glucose level, 63,1% respondents didn't obedient in taking antidiabetic drugs, 60% weren't obedient in diet therapy, 67,7% respondents lacked family support. The results of bivariate analysis showed there was a relationship bivariat means between consumption of antidiabetic drugs, diet therapy, and family support with fasting blood glucose levels ($p < 0,05$). Multiple linear regression analysis results obtained consumption of carbohydrate variables is confounding variables of the relationship of consumption of antidiabetic drugs, diet therapy, and family support with blood glucose levels.

Conclusion

There was a correlation between adherence level of antidiabetic drug consumption, diet therapy, and family support with fasting blood glucose level. It is expected that patients with diabetes mellitus to begin obediently taking antidiabetic drugs according to the dosage that recommended by the doctor and compliant in undergoing diet therapy. Family of patient are advised to further increase the provision of family support for people with diabetes mellitus.

References : 53 (1995-2017)

Keywords : Blood glucose levels, antidiabetic drug consumption, diet therapy, family support