

**KORELASI KADAR GLUKOSA DARAH PUASA DENGAN KADAR
PROFIL LIPID PADA PENDERITA DIABETES MELITUS TIPE 2
DI RSUP DR. M. DJAMIL PADANG**



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CORRELATION BETWEEN FASTING BLOOD GLUCOSE LEVEL WITH LIPID PROFILE LEVEL IN TYPE 2 DM PATIENTS IN RSUP DR. M. DJAMIL PADANG

By

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ABSTRACT

Diabetes Mellitus (DM) is a group of metabolic diseases characterized by hyperglycemia which is caused by abnormalities in insulin secretion, insulin function, or both. The state of insulin resistance or metabolic syndrome and type 2 DM causes abnormalities in lipid metabolism which is characterized by the increase or decrease of lipid fraction in plasma (dyslipidemia). This study aims to determine the correlation of fasting blood glucose level with lipid profile level in type 2 DM patients in RSUP Dr. M. Djamil Padang.

This study is an observational analytic study with a cross-sectional approach using secondary data of type 2 diabetes mellitus patients in RSUP Dr. M. Djamil Padang.

The results of this study showed that the mean fasting blood glucose level was 174 mg /dl, the mean triglyceride level was 151,34 mg /dl, the mean HDL level was 37,70 mg /dl, the mean LDL level was 142,98 mg /dl, and the mean total cholesterol level was 221,26 mg /dl. The correlation test results showed no correlation between fasting blood glucose levels and triglyceride levels ($r = 0.122$; $p = 0.281$), a correlation between fasting blood glucose levels and HDL levels ($r = -0.777$; $p = 0.000$), LDL levels ($r = 0.236$; $p = 0.035$), and the total cholesterol levels ($r = 0.227$; $p = 0.043$).

Keywords: *Fasting blood glucose levels, lipid profile levels, diabetes mellitus.*

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ABSTRAK

Diabetes Mellitus (DM) merupakan suatu kelompok penyakit metabolik yang ditandai dengan hiperglikemia yang disebabkan karena kelainan sekresi insulin, kerja insulin atau keduanya. Keadaan resistensi insulin atau sindrom metabolik dan DM tipe 2 menyebabkan kelainan metabolisme lipid yang ditandai dengan peningkatan atau penurunan fraksi lipid dalam plasma (*dislipidemia*). Penelitian ini bertujuan untuk mengetahui korelasi kadar glukosa darah puasa dengan kadar profil lipid pada penderita DM tipe 2 di RSUP Dr. M. Djamil Padang.

Penelitian ini merupakan penelitian analitik observasional dengan pendekatan cross-sectional menggunakan data sekunder pasien diabetes mellitus tipe 2 di RSUP Dr. M. Djamil Padang.

Hasil penelitian didapatkan rerata kadar glukosa darah puasa 174 mg/dl, rerata kadar trigliserida 151,34 mg/dl, rerata kadar HDL 37,70 mg/dl, rerata kadar LDL 142,98 mg/dl, dan rerata kadar kolesterol total 221,26 mg/dl. Hasil uji korelasi menunjukkan tidak terdapat korelasi antara kadar glukosa darah puasa dengan kadar trigliserida ($r=0,122$; $p=0,281$), terdapat korelasi antara kadar glukosa darah puasa dengan kadar HDL ($r= -0,772$; $p=0,000$), LDL ($r=0,236$; $p=0,035$), kolesterol total ($r= 0,227$; $p=0,043$).

Kata kunci : Kadar glukosa darah puasa, kadar profil lipid, diabetes mellitus.