



**UNIVERSITAS ANDALAS**

**HUBUNGAN *LIFE STYLE* DAN STATUS GIZI DENGAN  
KADAR GULA DARAH PUASA PADA PENDERITA  
DIABETES MELITUS TIPE II DI WILAYAH  
KERJA PUSKESMAS ANDALAS**

**Oleh :**

**FHATYYAH ZAQNA**

**No. BP. 2011223012**

**PEMBIMBING 1 : Dr. Syahril, S.K.M., M.Biomed**

**PEMBIMBING 2 : Ice Yolanda Puri, S. Si. T., M.Kes., Ph.D**

**PROGRAM STUDI S1 DEPARTEMEN GIZI  
FAKULTAS KESEHATAN MASYARAKAT  
UNIVERSITAS ANDALAS**

**PADANG, 2024**

**FAKULTAS KESEHATAN MASYARAKAT  
UNIVERSITAS ANDALAS**

**Skripsi, Agustus 2024**

**Fhatyyah Zaqna, No.BP.2011223012**

**HUBUNGAN *LIFESTYLE* DAN STATUS GIZI DENGAN KADAR GULA  
DARAH PUASA PADA PENDERITA DIABETES MELITUS TIPE II DI  
WILAYAH KERJA PUSKESMAS ANDALAS**

**xi + 89 halaman, 20 tabel, 4 gambar, 9 lampiran**

**ABSTRAK**

**Tujuan**

*Lifestyle* dan status gizi memiliki keterkaitan dengan diabetes melitus tipe II. Tujuan penelitian ini untuk mengetahui hubungan *lifestyle* dan status gizi dengan kadar gula darah puasa pada penderita diabetes melitus tipe II di wilayah kerja Puskesmas Andalas.

**Metode**

Penelitian ini menggunakan metode kuantitatif dengan desain *cross sectional*. Populasi penelitian ini adalah seluruh penderita diabetes melitus tipe II di wilayah kerja Puskesmas Andalas. Teknik pengambilan sampel dengan teknik *accidental sampling*. Analisis data yang digunakan pada penelitian ini menggunakan analisis univariat dan bivariat dengan uji *Chi-Square*.

**Hasil**

Berdasarkan uji statistik diperoleh sebanyak 72% responden memiliki asupan karbohidrat tidak sesuai anjuran, 41,5% memiliki asupan protein tidak sesuai anjuran, 90,2% memiliki asupan lemak tidak sesuai anjuran, 62,2% memiliki asupan serat tidak sesuai anjuran, 63,4% memiliki aktifitas fisik ringan, 78% memiliki kualitas tidur buruk, 82,9% memiliki status gizi tidak normal, dan 81,7% memiliki kadar gula darah puasa tidak terkontrol. Hasil statistik menunjukkan bahwa adanya hubungan antara aktifitas fisik dan kualitas tidur dengan kadar gula darah puasa ( $p\text{-value} = 0,001$ ) dan tidak ada hubungan antara asupan karbohidrat ( $p\text{-value} = 0,751$ ), asupan protein ( $p\text{-value} = 0,458$ ), asupan lemak ( $p\text{-value} = 0,634$ ), asupan serat ( $p\text{-value} = 0,920$ ), dan status gizi ( $p\text{-value} = 0,741$ ) dengan kadar gula darah puasa pada penderita diabetes mellitus tipe II di wilayah kerja Puskesmas Andalas.

**Kesimpulan**

Terdapat hubungan antara aktivitas fisik dan kualitas tidur dengan kadar gula darah puasa. Asupan karbohidrat, protein, lemak, serat, dan status gizi tidak berhubungan dengan kadar gula darah puasa. Diharapkan adanya penelitian serupa dengan variabel yang berbeda seperti HbA1c, 2 jam PP, dan kebiasaan merokok dengan desain penelitian berbeda seperti *experimental* dan *case control*.

**Daftar Pustaka** : 88 (2012-2024)

**Kata Kunci** : Aktivitas fisik, Gula Darah Puasa, Kualitas Tidur, Pola makan, Status Gizi

**FACULTY OF PUBLIC HEALTH  
ANDALAS UNIVERSITY**

**Undergraduate Thesis, Agustus 2024  
FHATYYAH ZAQNA, No.BP. 2011223012**

**THE RELATIONSHIP BETWEEN LIFESTYLE AND NUTRITIONAL  
STATUS WITH FASTING BLOOD GLUCOSE LEVELS IN PATIENTS  
WITH TYPE II DIABETES MELLITUS IN THE ANDALAS CENTER  
WORK AREA**

**xi + 89 page, 20 tables, 4 pictures, 9 attachments**

**ABSTRACT**

**Objective**

Lifestyle and nutritional status have a relationship with type II diabetes mellitus. The purpose of this study is to determine the relationship between lifestyle and nutritional status with fasting blood glucose levels in patients with type II diabetes mellitus in the Andalas Center work area.

**Method**

This research uses quantitative method with a cross-sectional design. The population of this study were all patients with type II diabetes mellitus in the Andalas Center work area. Sampling technique with accidental sampling technique. Data analysis used in this study used univariate and bivariate analysis with the Chi-Square test.

**Result**

Based on statistical tests, it was found that 72% of respondents had carbohydrate intake that did not meet the recommendations, 41,5% had protein intake that did not meet the recommendations, 90,2% had fat intake that did not meet the recommendations, 62,2% had fiber intake that did not meet the recommendations, 63,4% had light physical activity, 78% had poor sleep quality, 82,9% had abnormal nutritional status, and 81,7% had uncontrolled fasting blood sugar levels. The statistical results showed that there is a relationship between physical activity and sleep quality with fasting blood glucose levels ( $p\text{-value} = 0.001$ ) and no relationship between carbohydrate intake ( $p\text{-value} = 0,751$ ), protein intake ( $p\text{-value} = 0,458$ ), fat intake ( $p\text{-value} = 0,634$ ), fiber intake ( $p\text{-value} = 0,920$ ), and nutritional status ( $p\text{-value} = 0,741$ ) with fasting blood glucose levels in patients with type II diabetes mellitus in the Andalas Health Center work area.

**Conclusion**

There was an relationship between physical activity and sleep quality with fasting blood glucose levels. Carbohydrate intake, protein, fat, fiber, and nutritional status are not related to fasting blood glucose levels. Similar studies with different variables such as HbA1c, 2-hour PP, and smoking habits with different research designs such as experimental and case control are expected.

**Bibliography** : 88 (2012-2024)

**Keywords** : Dietary, Fasting Blood Glucose, Nutritional Status, Physical activity, Sleep Quality