

**HUBUNGAN TINGKAT STRES DENGAN KADAR GLUKOSA DARAH  
SEWAKTU PADA PASIEN DIABETES MELITUS TIPE 2 USIA 18-59  
TAHUN DI PUSKESMAS BULELENG I PERIODE BULAN JULI-  
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**ABSTRAK**

Diabetes melitus (DM) adalah sekumpulan gangguan metabolik yang ditandai dengan kondisi hiperglikemia. Diabetes Melitus Tipe 2 merupakan jenis diabetes yang paling umum dan terjadi karena resistensi insulin. Tingkat stres diidentifikasi sebagai faktor yang berpengaruh terhadap gula darah serta manajemen DM Tipe 2 dimana stres dapat memicu penurunan sensitivitas insulin. Penelitian ini bertujuan untuk mengetahui hubungan tingkat stres dengan kadar glukosa darah sewaktu pada pasien diabetes melitus tipe 2 usia 18-59 tahun di Puskesmas Buleleng I periode bulan Juli-September 2025. Pengumpulan dan pengukuran data melalui kuesioner PSS-10 untuk tingkat stres dan glukometer untuk kadar glukosa darah sewaktu. Jumlah sampel dalam penelitian ini sebanyak 50 orang. Desain penelitian ini yaitu analitik observasional dengan pendekatan *cross sectional*. Teknik pengambilan sampel dengan *consecutive sampling* dan menggunakan Uji Chi-Square tabel kontingensi 2x3 (Pearson Chi-Square) untuk analisis bivariat. Berdasarkan hasil pengolahan data diperoleh hasil yaitu tingkat stres ringan sejumlah 18 responden (36%), stres sedang 21 responden (42%), dan stres berat 11 responden (22%), sedangkan kadar glukosa darah sewaktu terkontrol sebanyak 24 responden (48%) dan tidak terkontrol sejumlah 26 responden (52%). Berdasarkan analisis data dengan Pearson Chi-Square, diperoleh nilai p-value 0,004 ( $p < 0,05$ ) serta koefisien kontingensi 0,427 yang menunjukkan bahwa terdapat hubungan signifikan serta kekuatan hubungan cukup atau sedang.

**Kata Kunci:** Tingkat Stres, Glukosa darah sewaktu, Diabetes Melitus Tipe 2

**THE RELATIONSHIP BETWEEN STRESS LEVELS AND RANDOM  
BLOOD GLUCOSE LEVELS IN TYPE 2 DIABETES MELLITUS  
PATIENTS AGED 18-59 YEARS AT BULELENG I PUBLIC HEALTH  
CENTER DURING THE PERIOD OF JULY-SEPTEMBER 2025**

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**ABSTRACT**

Diabetes mellitus (DM) is a group of metabolic disorders characterized by hyperglycemia. Type 2 diabetes mellitus is the most common type of diabetes and occurs due to insulin resistance. Stress levels have been identified as a factor that affects blood sugar and Type 2 DM management, where stress can trigger a decrease in insulin sensitivity. This study aims to determine the relationship between stress levels and random blood glucose levels in patients with type 2 diabetes mellitus aged 18-59 years at the Buleleng I Public Health Center during the period of July-September 2025. Data collection and measurement were conducted using the PSS-10 questionnaire for stress levels and a glucometer for blood glucose levels. The sample size for this study was 50 people. The research design was analytical observational with a cross-sectional approach. The sampling technique used consecutive sampling and the Chi-Square test of a 2x3 contingency table (Pearson Chi-Square) for bivariate analysis. Based on the data processing results, it was found that 18 respondents (36%) had mild stress, 21 respondents (42%) had moderate stress, and 11 respondents (22%) had severe stress, while 24 respondents (48%) had controlled random blood glucose levels and 26 respondents (52%) had uncontrolled random blood glucose levels. Based on data analysis using Pearson Chi-Square, a p-value of 0.004 ( $p < 0.05$ ) and a contingency coefficient of 0.427 were obtained, indicating that there is a significant relationship and that the strength of the relationship is moderate.

**Keywords :** Stress Levels, Random Blood Glucose, Type 2 Diabetes Mellitus