

KARAKTERISTIK PASIEN DIABETES MELITUS DI PUSKESMAS BULELENG III

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui karakteristik pasien diabetes melitus di Puskesmas Buleleng III berdasarkan distribusi usia, jenis kelamin, riwayat keluarga menderita diabetes melitus, hipertensi, obesitas baik berdasarkan indeks massa tubuh maupun lingkar perut, dan status merokok. Penelitian ini dilakukan di Puskesmas Buleleng III pada rentang waktu Juli 2021-September 2021. Jenis penelitian yang digunakan dalam penelitian ini adalah jenis penelitian deskriptif dengan desain *cross-sectional study*. Populasi dalam penelitian ini adalah penderita diabetes melitus di Puskesmas Buleleng III pada tahun 2020. Terdapat 217 sampel dari total populasi 475 orang. Untuk mengumpulkan data, peneliti menggunakan teknik sampling insidental. Pada penelitian ini, menggunakan data primer dan sekunder. Data dikumpulkan melalui wawancara dan pengukuran. Data dianalisis dengan analisis *univariate* (analisis deskriptif) untuk mendeskripsikan atau menjelaskan karakteristik dari setiap variabel penelitian dan akan menghasilkan distribusi frekuensi dan persentase setiap variabel. Hasil penelitian yang didapat adalah distribusi penderita diabetes melitus di Puskesmas Buleleng III paling banyak pada kelompok usia 55-64 tahun dengan jumlah 91 pasien (41,9%), lebih banyak ditemukan pada perempuan daripada laki-laki yaitu sebanyak 129 pasien (59,4%), yang memiliki riwayat keluarga menderita diabetes melitus sebanyak 69 pasien (31,8%), penderita dengan obesitas berdasarkan IMT sebanyak 91 pasien (41,9%), sedangkan penderita dengan obesitas berdasarkan lingkar perut sebanyak 140 pasien (64,5%). Penderita dengan pre-hipertensi sebanyak 51 pasien (23,5%) dan hipertensi sebanyak 104 pasien (47,9%). Penderita yang merokok sebanyak 34 pasien (15,7%). Hasil dari penelitian ini diharapkan dapat menjadi masukan untuk memberikan promosi kesehatan, meningkatkan deteksi dini atau upaya pencegahan pada penderita diabetes melitus, serta dapat memberikan informasi mengenai karakteristik pasien diabetes melitus di Puskesmas Buleleng III.

Kata-kata kunci: karakteristik, diabetes melitus

**CHARACTERISTICS OF DIABETES MELLITUS PATIENTS AT
PUSKESMAS BULELENG III**

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ABSTRACT

This study aims to determine the characteristics of patients with diabetes mellitus at Puskesmas Buleleng III based on the distribution of age, gender, family history of diabetes mellitus, hypertension, obesity based on body mass index and abdominal circumference, and smoking status. This research was conducted at Puskesmas Buleleng III in July 2021-September 2021 period. The type of research used in this study was a descriptive research type with a cross-sectional study design. The population in this study were people with diabetes mellitus at Puskesmas Buleleng III in 2020. There were 217 samples from 475 people of population. To collect the data, the researcher used the incidental sampling technique. The study used primary and secondary data. The data were collected through interviews and measurements. Data were analyzed by univariate analysis (descriptive analysis) to describe or explain the characteristics of each research variable and will produce the distribution of the frequency and percentage of each variable. The obtained results consist of the distribution of people with diabetes mellitus at Puskesmas Buleleng III with an age range between 55-64 years were 91 patients (41.9%), mostly found in women (129 patients (59.4 %)) rather than men. Patients who had a family history of diabetes mellitus are about 69 patients (31.8%), patients with obesity based on BMI were 91 patients (41.9%), while patients with obesity based on abdominal circumference were 140 patients (64.5%). Patients with pre-hypertension were 51 patients (23.5%) and hypertension were 104 patients (47.9%). Patients who smoked were 34 patients (15.7%). The results of this study are expected to be used as an input to providing health promotion, improving early detection or prevention in people with diabetes mellitus, and can provide information about the characteristics of diabetes mellitus patients at Puskesmas Buleleng III.

Keywords: characteristics, diabetes mellitus