

# HUBUNGAN POLA KONSUMSI MAKAN DENGAN KADAR HbA1c PADA PASIEN DIABETES MELITUS TIPE 2

Studi Pada Fasilitas Kesehatan Tingkat Pertama (FKTP) Klinik Tanjung  
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## ABSTRAK

Diabetes Melitus (DM) merupakan penyakit gangguan metabolisme glukosa yang ditandai dengan kondisi hiperglikemi. Faktor yang dapat mempengaruhi terjadinya DM salah satunya adalah pola konsumsi makan yang tidak terkontrol. HbA1c merupakan salah satu parameter yang digunakan secara umum untuk kontrol glikemik 1-2 bulan sebelumnya. Tujuan penelitian ini mengetahui ada tidaknya hubungan pola konsumsi makan dengan kadar HbA1c pada pasien DM tipe 2 di Fasilitas Kesehatan Tingkat Pertama (FKTP) Klinik Tanjung Purwokerto. Penelitian ini merupakan penelitian observasional analitik dengan metode *cross sectional*. Subjek penelitian berjumlah 44 pasien DM di FKTP Klinik Tanjung Purwokerto yang dipilih dengan metode *consecutive sampling*. Pengumpulan data konsumsi makan dengan wawancara menggunakan kuisisioner dan data HbA1c dengan pengambilan sampel darah vena. HbA1c diukur dengan metode *afinitas boronat*. Hasil penelitian menunjukkan dari 44 subjek sebanyak 37 subjek (84,1%) mempunyai kadar HbA1c buruk, sedangkan 7 subjek (15,9%) mempunyai kadar HbA1c yang baik. Data konsumsi karbohidrat menunjukkan sebanyak 23 subjek (52,3%) mengonsumsi karbohidrat kurang, konsumsi lemak lebih sebanyak 35 subjek (79,5%) serta konsumsi serat kurang sebanyak 33 subjek (75%). Hasil analisis bivariat menggunakan uji *fisher* menyatakan bahwa pola konsumsi karbohidrat, lemak dan serat tidak berhubungan dengan kadar HbA1c ( $p>0,05$ ). Berdasarkan hasil dapat disimpulkan tidak terdapat hubungan yang bermakna antara pola konsumsi makan dengan kadar HbA1c pada pasien DM tipe 2 di FKTP Klinik Tanjung Purwokerto.

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**Kata Kunci :** Diabetes Melitus, Pola Konsumsi Makan, HbA1c

## **RELATIONSHIP OF EAT CONSUMPTION PATTERNS WITH HbA1c LEVELS IN TYPE 2 DIABETES MELITUS PATIENTS**

*Study at the First Level Health Facility (FKTP) at Tanjung Purwokerto Clinic*

### **ABSTRACT**

*Diabetes mellitus (DM) is a disorder of glucose metabolic disorders characterized by hyperglycemic conditions. Factors that can influence the occurrence of DM, one of which is an uncontrolled food consumption pattern. HbA1c is one of the parameters commonly used for glycemic control 1-2 months before. The purpose of this study was to find out whether there was a correlation between dietary consumption patterns with HbA1c levels in type 2 DM patients at the First Level Health Facility (FKTP) at Tanjung Purwokerto Clinic. This study was an observational analytic study with cross sectional method. The research subjects were 44 DM patients in the FKTP Tanjung Purwokerto Clinic who were selected by consecutive sampling method. Collection of food consumption data by interview using questionnaires and HbA1c data with venous blood sampling. HbA1c was measured by the boronate affinity method. The results showed that from 44 subjects 37 subjects (84.1%) had poor HbA1c levels, while 7 subjects (15.9%) had good HbA1c levels. Carbohydrate consumption data showed as many as 23 subjects (52.3%) consumed less carbohydrates, more fat consumption as many as 35 subjects (79.5%) and less fiber consumption as many as 33 subjects (75%). The results of the bivariate analysis using the fisher test stated that the patterns of carbohydrate, fat and fiber consumption were not related to HbA1c levels ( $p > 0.05$ ). So that it can be concluded that there was no significant relationship between eating consumption patterns with HbA1c levels in type 2 DM patients in Tanjung Purwokerto FKTP Clinic.*

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**Keywords:** *Diabetes mellitus, Eating Consumption Pattern, HbA1c*