

Abstrak

FAKTOR YANG BERHUBUNGAN DENGAN KADAR GULA DARAH SEWAKTU MAHASISWA FAKULTAS ILMU-ILMU KESEHATAN UNIVERSITAS JENDERAL SOEDIRMAN

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Latar Belakang : Kadar gula darah tinggi juga dapat berdampak pada masalah kesehatan karena dapat berkembang menjadi penyakit kardiovaskuler, trombositis otak, stroke, gagal ginjal, dan paling identik dengan penyakit Diabetes Melitus. Pentingnya melakukan deteksi dini terkait kadar gula darah terhadap mahasiswa khususnya mahasiswa kesehatan, yang harapannya akan menjadi tenaga kesehatan. Penelitian ini bertujuan untuk mendeteksi gula darah sewaktu dan mengetahui faktor yang berhubungan dengan gula darah sewaktu mahasiswa Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman.

Metodologi : Jenis penelitian ini adalah kuantitatif dengan desain studi analitik dan menggunakan pendekatan *cross sectional*. Subjek penelitian ini adalah mahasiswa Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman sejumlah 253 orang. Data yang diperoleh yaitu data primer dan sekunder. Analisis univariat dan analisis bivariat dilakukan menggunakan aplikasi SPSS.

Hasil Penelitian : Hasil penelitian menunjukkan rata-rata kadar gula darah sewaktu responden yaitu 110,01 mg/dl dan seluruh kadar gula darah responden normal (<200 mg/dl) dengan rata-rata umur 19,65 tahun, rata-rata berjenis kelamin perempuan (73,9%), mayoritas responden tidak obesitas (87,0%), tidak ada riwayat keluarga Diabetes Melitus (73,5%), tidak merokok (88,9%), melakukan aktivitas sedang (59,4%), pola makan baik (61,7%), tingkat stres normal (91,3), dan kualitas tidurnya buruk (80,6%). Secara statistik hasil *Uji chi-square* karena kategori kadar gula darah konstan, maka tidak terdapat hubungan antara umur, jenis kelamin, obesitas, Riwayat DM, merokok, aktivitas fisik, pola makan, tingkat stress, dan kualitas tidur dengan kadar gula darah sewaktu responden

Kesimpulan : Tidak terdapat hubungan antara umur, jenis kelamin, obesitas, Riwayat DM, merokok, aktivitas fisik, pola makan, tingkat stress, dan kualitas tidur dengan kadar gula darah sewaktu responden

Kata Kunci : kadar gula darah, mahasiswa, kesehatan

Abstract

FACTORS RELATED TO BLOOD SUGAR LEVELS IN STUDENTS OF THE FACULTY OF HEALTH SCIENCES, JENDERAL SOEDIRMAN UNIVERSITY

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Background : High blood sugar levels can lead to various health issues, including cardiovascular diseases, cerebral thrombosis, stroke, kidney failure, and most notably, Diabetes Mellitus. Early detection of blood sugar levels in students, particularly health science students, is crucial as they are expected to become healthcare professionals. This study aims to detect random blood sugar levels and identify the factors associated with random blood sugar levels among students of the Faculty of Health Sciences, Jenderal Soedirman University.

Methods : This research employed a quantitative with an analytical study design and a cross-sectional method. The subjects were 253 students from the Faculty of Health Sciences, Jenderal Soedirman University. The data collected consisted of primary and secondary data. Univariate and bivariate analyses were conducted using the SPSS application.

Results : The study showed that the average random blood sugar level of the respondents was 110.01 mg/dl, and all respondents had normal blood sugar levels (<200 mg/dl). The respondents' average age was 19.65 years, with the majority being female (73.9%). Most respondents were not obese (87.0%), had no family history of Diabetes Mellitus (73.5%), did not smoke (88.9%), engaged in moderate physical activity (59.4%), had a good dietary pattern (61.7%), experienced normal stress levels (91.3%), and had poor sleep quality (80.6%). Statistically, the chi-square test results showed no significant relationship between age, gender, obesity, history of Diabetes Mellitus, smoking, physical activity, dietary pattern, stress level, and sleep quality with the random blood sugar levels of the respondents.

Conclusion : There is no significant relationship between age, gender, obesity, history of Diabetes Mellitus, smoking, physical activity, dietary pattern, stress level, and sleep quality with the random blood sugar levels of the respondents.

Keywords: blood sugar levels, students, health