

ABSTRAK

HUBUNGAN USIA, LAMA MENDERITA DAN TINGKAT KECEMASAN DENGAN KADAR GLUKOSA DARAH SEWAKTU PADA PASIEN DIABETES MELITUS DI WILAYAH PUSKESMAS CIPARI

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Latar belakang : Diabetes melitus (DM) merupakan penyakit metabolik kronis yang ditandai dengan hiperglikemia akibat gangguan sekresi insulin, kerja insulin, atau keduanya. Kadar glukosa darah sewaktu pada penderita DM dipengaruhi berbagai faktor. Penelitian ini bertujuan untuk menganalisis hubungan antara usia, lama menderita DM dan tingkat kecemasan dengan kadar glukosa darah sewaktu pada pasien DM di wilayah Puskesmas Cipari.

Metodologi : Penelitian ini menggunakan metode korelasi analitik kuantitatif pendekatan *cross-sectional*. Teknik sampling menggunakan *purposive sampling* pada 63 responden. Instrumen penelitian menggunakan kuesioner karakteristik responden, kuesioner *Zung Self-rating Anxiety Scale* (ZSAS) dan glukometer. Analisis data menggunakan analisis univariat deskriptif dan bivariat dengan uji *Spearman rank* serta multivariat dengan korelasi regresi linear berganda.

Hasil penelitian : Hasil rata-rata usia responden 60,76 tahun. Mayoritas berjenis kelamin perempuan. Sebagian besar berpendidikan terakhir SD. Sebanyak 35 responden menderita DM ≥ 5 tahun. Mayoritas responden mengalami kecemasan sedang (54,0%) dan rata-rata kadar glukosa darah sewaktu 239,20 mg/dL. Terdapat hubungan yang signifikan antara usia dengan kadar glukosa darah sewaktu ($p = 0,033$, $r = 0,270$). Terdapat hubungan yang signifikan antara lama menderita dengan kadar glukosa darah sewaktu ($p = 0,001$, $r = 0,476$). Terdapat hubungan yang signifikan antara tingkat kecemasan dengan kadar glukosa darah sewaktu ($p = 0,0001$, $r = 0,497$). Terdapat hubungan antara usia, lama menderita dan tingkat kecemasan dengan kadar glukosa darah sewaktu ($R_{yx1x2x3} = 0,610$) dan persamaan regresi $Y = 51,469 + 1,928X_1 - 34,514X_2 + 47,509X_3$.

Kesimpulan : Terdapat hubungan antara usia, lama menderita DM dan tingkat kecemasan dengan kadar glukosa darah sewaktu pada pasien DM.

Kata kunci : Diabetes melitus, glukosa darah sewaktu, kecemasan, lama menderita, usia

ABSTRACT

THE RELATIONSHIP BETWEEN AGE, DURATION OF ILLNESS, AND ANXIETY LEVEL WITH RANDOM BLOOD GLUCOSE LEVELS IN DIABETES MELLITUS PATIENTS IN PUSKESMAS CIPARI

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Background: Diabetes mellitus (DM) is a chronic metabolic disease characterized by hyperglycemia due to impaired insulin secretion, insulin action, or both. Random blood glucose levels in DM patients are influenced by various factors. This study aims to analyze the relationship between age, duration of DM, and anxiety levels with random blood glucose levels in DM patients at the Cipari Public Health Center.

Methodology: This study used a quantitative analytical correlation method with a cross-sectional approach. A purposive sampling technique was applied to 63 respondents. Research instruments included a respondent characteristic questionnaire, Zung Self-rating Anxiety Scale (ZSAS), and glucometer. Data were analyzed using univariate descriptive analysis, bivariate analysis with the Spearman rank test and multivariate with multiple linear regression correlation.

Results: The average age of respondents was 60.76 years, with the majority female and having a primary school education. A total of 35 respondents had suffered from DM for ≥ 5 years. Most respondents experienced moderate anxiety (54.0%), and the average random blood glucose level was 239.20 mg/dL. There was significant relationship between age and random blood glucose ($p = 0.033$, $r = 0.270$), duration of DM and random blood glucose ($p = 0.001$, $r = 0.476$), and anxiety levels and random blood glucose ($p = 0.0001$, $r = 0.497$). A combined relationship was found ($R_{yx1x2x3} = 0.610$), with the regression equation $Y = 51.469 + 1.928X_1 - 34.514X_2 + 47.509X_3$.

Conclusion: There is a relationship between age, duration, and anxiety levels with random blood glucose levels in DM patients.

Keywords: Age, anxiety, diabetes mellitus, duration of illness, random blood glucose