

HUBUNGAN KONSUMSI MAKRONUTRIEN DAN MIKRONUTRIEN TERHADAP KADAR GULA DARAH PADA PESERTA PROLANIS TRESNO ROGO

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ABSTRAK

Latar belakang: Penyakit Diabetes sebagai salah satu penyakit kronis penyumbang angka kematian tertinggi di dunia. Keberhasilan pengelolaan DM berkaitan dengan asupan baik makronutrien maupun mikronutrien, serta pelayanan kesehatan pasien DM. Tujuan penelitian ini untuk mengetahui tingkat asupan makronutrien dan mikronutrien pasien DM dan hubungan antara konsumsi konsumsi makronutrien dan mikronutrien terhadap kadar gula darah pada peserta prolans Tresno Rogo di Bambanglipuro Kabupaten Bantul.

Metode: Penelitain kuantitatif dengan pendekatan cross-sectional. Jumlah sampel 30 peserta prolans dengan teknik total sampling. Pola konsumsi dan asupan makronutrien dan mikronutrien diperoleh dari wawancara menggunakan form recall 24 jam dan kuesioner survei konsumsi pangan atau Semi Quantitatif Food Frequency Questionnaire (SQFFQ). Kadar glukosa darah diukur secara langsung oleh perawat, dan data kadar glukosa darah dengan gold standar HbA1c yang didapatkan dari data rekam medis peserta prolans di Puskesmas Bambanglipuro Bantul.

Hasil: Mayoritas subjek (>80%) memiliki asupan makronutrien dan mikronutrien yang kurang dibandingkan dengan kebutuhan asupan karbohidrat, protein, lemak, vitamin B1, dan zink tidak berhubungan signifikan dengan kadar gula darah puasa ($p>0,05$).

Kesimpulan: Tidak terdapat hubungan antara asupan asupan karbohidrat, protein, lemak, vitamin B1, dan zink dengan kadar gula darah puasa pasien Diabetes Mellitus.

Kata kunci: Diabetes Mellitus, Glukosa Darah, Pola Konsumsi, Makronutrien, Mikronutrien.

THE RELATION OF MACRONUTRIENT AND MICRONUTRIENT CONSUMPTION ON BLOOD SUGAR LEVELS IN PROLANIS TRESNO ROGO

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ABSTRACT

Background: Diabetes is one of the chronic diseases that contributes to the highest mortality rate in the world. The success of DM management is related to the intake of both macronutrients and micronutrients, as well as health services for DM patients. The purpose of this study was to determine the level of intake of macronutrients and micronutrients in DM patients and the relationship between consumption of macronutrients and micronutrients on blood sugar levels in Prolanis Tresno Rogo in Bambanglipuro, Bantul Regency.

Methods: This study is a quantitative study with a cross-sectional approach. Total sample of 30 prolanis participants and obtained using a total sampling technique. Consumption patterns and intake of macronutrients and micronutrients were obtained from interviews using a 24-hour recall form and a food consumption survey questionnaire or the Semi Quantitative Food Frequency Questionnaire (SQFFQ). Blood glucose levels were measured directly by nurses, and data on blood glucose levels with the gold standard HbA1c were obtained from medical records of prolanis participants at Bambanglipuro Health Center Bantul.

Results: The results showed that the majority of subjects (>80%) had less intake of macronutrients and micronutrients compared to their needs. The analysis was carried out using Fisher's exact test, the result is the intake of carbohydrates, protein, fat, vitamin B1, and zinc was not significantly associated with fasting blood sugar levels ($p > 0.05$).

Conclusion: There is no relations between intake of carbohydrate, protein, fat, vitamin B1, and zinc with fasting blood sugar levels in Diabetes Mellitus patients.

Key words : Diabetes Mellitus, Blood Glucose, Consumption Pattern, Macronutrients, Micronutrients