

## **DESCRIPTION OF POTASIIUM ELECTROLYTE LEVELS (K<sup>+</sup>) IN THE SERUM OF DIABETES MELLITUS TYPE II IN MAJENANG HOSPITAL PERIOD MARCH - APRIL 2020**

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### **ABSTRACT**

**Background:** Diabetes mellitus (DM) is a disease that occurs in body conditions due to abnormalities in the function of the pancreas that cannot produce enough insulin or when the body cannot effectively use the insulin it produces. Potassium (K<sup>+</sup>) is a cation that is very important for various functions of the human body. This amount of electrolytes is more in the intracellular (intracellular fluid) than extracellular fluid (extracellular fluid). For diabetics with insulin, insulin intake requires a lot of potassium. Potassium can increase insulin sensitivity so that the draining process of sugar in the blood takes place effectively.

**Objective:** To determine the description of potassium levels in patients type II Diabetes mellitus, especially in Majenang Hospital during March to April 2020.

**Method:** This research uses descriptive research with cross sectional research design. The study was conducted in March to April 2020. The population in this study were patients with type II Diabetes mellitus whose samples were taken at Majenang District Hospital as many as 30 samples.

**Results:** Based on the results of this study it is known that of the 30 data examination of 21 potassium levels the data is still in normal levels while 9 data are not normal.

**Conclusion:** The conclusion of this research can be concluded that the examination of potassium levels in patients with type II Diabetes mellitus in Majenang Hospital during March to April 2020 obtained the results of most of the potassium levels are still in normal limits based on the characteristics of age, sex and blood sugar fasting (GDP).

**Keywords:** type II Diabetes mellitus, electrolytes, potassium, age, sex, GDP

**GAMBARAN KADAR ELEKTROLIT KALIUM (K<sup>+</sup>) PADA SERUM  
PENDERITA DIABETES MELLITUS TIPE II DI RSUD MAJENANG  
PERIODE MARET – APRIL 2020**

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**ABSTRAK**

**Latar Belakang:** Diabetes melitus (DM) adalah suatu penyakit yang terjadi pada kondisi tubuh dikarenakan kelainan fungsi pankreas yang tidak dapat menghasilkan cukup insulin atau ketika tubuh tidak dapat secara efektif menggunakan insulin yang dihasilkannya. Kalium (K<sup>+</sup>) merupakan kation yang sangat penting untuk berbagai fungsi tubuh manusia. Elektrolit ini jumlahnya lebih banyak berada pada intasel (intraseluler fluid) daripada cairan ekstrasel (ekstraseluler fluid). Bagi penderita diabetes dengan insulin, asupan insulin memerlukan banyak kalium. Kalium dapat meningkatkan kepekaan insulin sehingga proses pengurusan gula dalam darah berlangsung efektif.

**Tujuan:** Mengetahui gambaran kadar kalium pada penderita Diabetes mellitus tipe II khususnya di RSUD Majenang selama bulan Maret hingga April tahun 2020.

**Metode:** Penelitian ini menggunakan jenis penelitian deskriptif dengan desain penelitian *cross sectional*. Penelitian dilaksanakan pada bulan Maret sampai April 2020. Populasi pada penelitian ini adalah penderita Diabetes mellitus tipe II yang sampelnya diambil di RSUD Majenang sebanyak 30 sampel.

**Hasil:** Berdasarkan hasil penelitian ini diketahui bahwa dari 30 data pemeriksaan kadar kalium 21 data masih dalam kadar normal sedangkan 9 data tidak normal.

**Kesimpulan:** Kesimpulan dari penelitian yang dilakukan ini dapat disimpulkan bahwa gambaran pemeriksaan kadar kalium pada penderita Diabetes mellitus tipe II di RSUD Majenang selama bulan Maret hingga April tahun 2020 didapatkan hasil sebagian besar kadar kalium masih dalam batas normal berdasarkan karakteristik usia, jenis kelamin dan gula darah puasanya (GDP).

**Kata Kunci:** Diabetes mellitus tipe II, elektrolit, kalium, usia, jenis kelamin, GDP