

GAMBARAN KARAKTERISTIK PENYANDANG DIABETES MELITUS DI WILAYAH KERJA PUSKESMAS LEDAH I KABUPATEN KULON PROGO

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ABSTRAK

Latar belakang : Diabetes melitus adalah penyakit tidak menular yang menjadi prioritas dan menjadi salah satu penyakit tidak menular yang menjadi masalah kesehatan terbesar di Indonesia. Berdasarkan rekapan data dari Dinas kesehatan Kabupaten Kulon Progo tahun 2019 sebesar 8.930 orang. Puskesmas Lendah I termasuk salah satu puskesmas yang ada di Kabupaten Kulon Progo. Puskesmas Lendah I memiliki program prolanis yang di ikuti oleh Penyandang DM dan Hipertensi.

Tujuan : Mengetahui gambaran karakteristik penyandang diabetes melitus di Wilayah Puskesmas Lendah I kabupaten Kulon Progo.

Metode : Penelitian ini menggunakan jenis penelitian diskriptif dengan desain penelitian survei. Subjek penelitian adalah penyandang diabetes melitus sebanyak 75 responden dengan menggunakan teknik *accidental sampling*. Instrumen yang digunakan adalah kuesioner.

Hasil : Didapatkan hasil dari 75 responden menunjukkan bahwa sebagian besar usianya dalam rentang usia 56-65 tahun (28,0 %), jenis kelamin perempuan (65,3 %), pendidikan terakhir SMA (37,3 %), pekerjaan ibu rumah tangga (24,0 %), Suku Jawa (100%), tidak memiliki riwayat keturunan DM (54,7 %), DM tipe 2 (94,7%), komplikasi neuropati diabetik (61,3%), pemeriksaan kadar gula < 200 mg/dl (72,0%), jenis obat oral (89,3%), jenis pengobatan medis (100%).

Kesimpulan : Gambaran karakteristik penyandang diabetes melitus terbanyak pada kelompok usia 56-65 tahun, berjenis kelamin perempuan, pekerjaan ibu rumah tangga, Suku Jawa karena penelitian ini dilakukan di suku Jawa, tidak memiliki riwayat keturunan DM, DM tipe 2, komplikasi neuropati, pemeriksaan kadar gula <200 mg/dl, jenis obat yang dikonsumsi obat oral dan jenis pengobatan medis.

Kata kunci : Karakteristik, diabetes melitus

DESCRIPTION OF THE CHARACTERISTICS OF PEOPLE WITH DIABETES MELLITUS IN COVERAGE OF LENDAH I LOCAL GOVERNMENT CLINIC KULON PROGO REGENCY

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ABSTRAC

Background : Diabetes mellitus is a non-communicable disease that has become a priority and is one of the non-communicable diseases. infectious disease which is the biggest health problem in Indonesia. Based on data recap from the Kulon Progo Regency Health Office in 2019, there were 8,930 people. LendahI Health Center is one of the health centers in Kulon Progo Regency. The Lendah I Health Center has a prolanis program which is followed by people with diabetes and hypertension.

Objective : To describe the characteristics of people with diabetes mellitus in the Lendah I Health Center area, Kulon Progo district.

Methods : This study uses a descriptive research type with a survey research design. Research subjects are people with diabetes mellitus as many as 75 respondents using accidental sampling technique. The instrument used is a questionnaire.

Results : The result were obtained from 75 respondents indicated that most of them were in the age range of 56-65 years (28.0%), female gender (65.3%), last education was high school (37.3%), housewife occupation (24.0%)), Javanese (100%), no history of DM (54.7 %), type 2 DM (94.7%), diabetic neuropathy complications (61.3%), glucose level examination < 200 mg/dl (72.0%), type of oral medicine (89.3%), type of medical treatment (100%).

Conclusion : The description of the characteristics of people with diabetes mellitus are in the age group 56-65 years, female, housewife work, Javanese because this research was conducted in Javanese, has no history of hereditary diabetes, type 2 diabetes, neuropathic complications, blood sugar examination <200 mg/dl, the type of drug taken orally and the type of medical treatment.

Keywords: Characteristics, diabetes mellitus