

## ABSTRACT

**Background:** In Banguntapan 1 Health Center, Bantul Yogyakarta, it is not known the number of postmenopausal women aged 45-55 years with high glucose levels.

**Objective:** This study aims to determine the description of blood glucose levels in women who have not been menopausal and menopausal women in the work area of the Banguntapan I Public Health Center on December 20, 2021 - January 15, 2022.

**Methods:** This type of research is descriptive by identifying women aged 45-55 years at Banguntapan 1 Health Center Bantul Yogyakarta. Respondents were checked for blood glucose levels using the GOD PAP method and then their weight was measured, and were given a questionnaire to determine whether they had menopause or not, exercise habits and the presence of hereditary diabetes mellitus.

**Results:** Based on the results of the study, 28 (77.78%) blood glucose levels were high and 8 (22.22%) were normal. The percentage of high blood glucose that has not been menopausal. The percentage of high glucose that has not been menopausal 38.89% has menopause 38.89% is possible because of heredity 33.33% with 33.33% overweight and 30.56% sports activities.

**Conclusion:** Patients 45-55 years old at Banguntapan 1 Public Health Center on December 20, 2021 – January 15, 2022, found 77.78% of patients with high blood glucose, 30.56% of patients with high blood glucose and lack of exercise, 33.33% of patients with high blood glucose and a history of hereditary diabetes. high diabetes mellitus and lack of exercise 33.33% of high glucose patients with excess body weight.

**Keywords:** Hyperglycemia, menopause, exercise, heredity, weight

## **ABSTRAK**

**Latar Belakang:** Di Puskesmas Banguntapan 1 Bantul Yogyakarta belum diketahui jumlah wanita menopause usia 45-55 tahun dengan kadar glukosa tinggi.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui gambaran kadar glukosa darah pada wanita yang belum menopause dan wanita menopause di wilayah kerja Puskesmas Banguntapan I pada 20 Desember 2021- 15 Januari 2022.

**Metode:** Jenis penelitian ini adalah deskriptif dengan mengidentifikasi wanita usia 45-55 tahun di Puskesmas Banguntapan 1 Bantul Yogyakarta. Responden diperiksa kadar glukosa darah sejaknya dengan metode GOD PAP kemudian diukur berat badannya, serta diberi questioner guna mengetahui telah menopause atau belum, kebiasaan olah raga dan adanya keturunan diabetes mellitus.

**Hasil Penelitian:** Berdasarkan hasil penelitian, didapatkan 28 (77,78%) kadar glukosa darah yang tinggi dan normal 8 (22,22 %). Presentase glukosa darah tinggi yang belum menopause. Presentasi glukosa tinggi yang belum menopause 38,89% sudah menopause 38,89% kemungkinan karena keturunan 33,33% dengan berat badan lebih 33,33% dan aktifitas olahraga 30,56%.

**Kesimpulan:** Pasien 45-55 tahun di Puskesmas Banguntapan 1 pada 20 Desember 2021 – 15 Januari 2022 didapatkan 77,78% pasien glukosa darah tinggi 30,56% pasien glukosa darah tinggi dan kurang olahraga 33,33% pasien glukosa darah tinggi dan punya riwayat keturunan diabetes mellitus tinggi dan olahraga kurang 33,33% pasien glukosa tinggi dengan berat badan berlebih.

**Kata Kunci:** Hiperglikemia, menopause, olahraga, keturunan, berat badan