

ABSTRACT

Background: Type 2 Diabetes Mellitus (DM) is a chronic disease with increasing prevalence, especially in Indonesia. One of the common complications of type 2 DM involves liver dysfunction, which plays a central role in glucose metabolism. SGOT (Serum Glutamic-Oxaloacetic Transaminase) levels are commonly used as indicators of liver damage.

Objective: This study aimed to determine the profile of SGOT levels among patients with type 2 diabetes mellitus at Godean II Public Health Center in Sleman.

Methods: This research employed a descriptive observational method with a cross-sectional design. A total of 40 samples were collected from DM type 2 patients enrolled in the Prolanis program at Godean II Health Center. Data were obtained through laboratory examinations at Prima Diagnostika Clinic Yogyakarta. This study used the IFCC/UV Enzymatic Method Kinetic examination method and used the Biotechnica Instrument BT 35i Automatic Analyzer.

Results: Most respondents were female (70%) and elderly (over 60 years, 80%). All participants had a history of diabetes for more than five years. While 75% of the subjects showed abnormal fasting blood glucose levels, 100% had normal SGOT levels.

Conclusion: There was no elevation in SGOT levels among type 2 diabetes mellitus patients at Godean II Public Health Center, despite most having suffered from diabetes for more than five years.

Keywords: *SGOT, Type 2 Diabetes Mellitus, Long Suffering, Godean Public Health Center II*

ABSTRAK

Latar Belakang: Diabetes Melitus (DM) tipe 2 merupakan salah satu penyakit kronis yang prevalensinya terus meningkat, terutama di Indonesia. Komplikasi dari DM Tipe 2 dapat melibatkan berbagai organ, termasuk hati, yang berperan penting dalam metabolisme glukosa. Salah satu indikator kerusakan hati adalah peningkatan kadar SGOT (Serum Glutamic-Oxaloacetic Transaminase).

Tujuan: Penelitian ini bertujuan untuk mengetahui gambaran kadar SGOT pada penderita diabetes melitus tipe 2 di Puskesmas Godean II Sleman.

Metode: Penelitian ini menggunakan metode observasional deskriptif dengan desain cross-sectional. Sampel berjumlah 40 orang, diambil dari penderita DM Tipe 2 yang tergabung dalam program Prolanis di Puskesmas Godean II Sleman. Data diperoleh melalui pemeriksaan laboratorium di Klinik Prima Diagnostika Yogyakarta. Pada penelitian ini menggunakan metode pemeriksaan IFCC/UV Enzymatic Method Kinetik serta memakai alat Biotechnica Instrument BT 35i Automatic Analyzer.

Hasil: Mayoritas responden adalah perempuan (70%) dan berusia di atas 60 tahun (80%). Seluruh responden memiliki riwayat DM lebih dari 5 tahun. Kadar gula darah puasa (GDP) abnormal ditemukan pada 75% responden, namun seluruh responden menunjukkan kadar SGOT dalam batas normal (100%).

Kesimpulan: Tidak terdapat peningkatan kadar SGOT pada penderita diabetes melitus tipe 2 di Puskesmas Godean II Sleman, meskipun sebagian besar memiliki riwayat DM lebih dari 5 tahun.

Kata kunci: SGOT, Diabetes Melitus Tipe 2, Lama Derita, Puskesmas Godean I