

ABSTRAK

Peningkatan kadar gula darah (hiperglikemia) pada perawat merupakan masalah kesehatan kerja yang dapat dipengaruhi oleh berbagai faktor risiko, baik yang bersifat individu maupun pekerjaan. Penelitian ini bertujuan untuk menganalisis prevalensi kadar gula darah serta hubungan antara faktor risiko seperti jenis kelamin, usia, gaya hidup, riwayat keluarga, lama kerja, durasi kerja, status pernikahan, indeks massa tubuh (IMT), tingkat stres, dan tekanan darah tinggi terhadap kadar gula darah pada perawat di Rumah Sakit Mitra Medika Bandar Klippa. Penelitian ini menggunakan metode kuantitatif dengan desain cross-sectional. Sampel penelitian berjumlah 100 perawat yang dipilih menggunakan teknik stratified random sampling. Data dikumpulkan melalui kuesioner terstruktur serta pemeriksaan kadar gula darah sewaktu menggunakan alat glukometer. Analisis data dilakukan secara univariat untuk menggambarkan karakteristik responden, analisis bivariat menggunakan uji Chi-Square untuk mengetahui hubungan antar variabel, serta analisis multivariat menggunakan regresi logistik untuk mengidentifikasi faktor risiko dominan. Hasil analisis menunjukkan bahwa prevalensi hiperglikemia pada perawat masih cukup tinggi. Analisis bivariat menunjukkan adanya hubungan signifikan antara usia, gaya hidup, riwayat keluarga, lama kerja, durasi kerja, status pernikahan, IMT, tingkat stres, dan tekanan darah tinggi dengan kadar gula darah ($p\text{-value} < 0,05$). Analisis multivariat menunjukkan bahwa IMT merupakan faktor dominan yang berhubungan dengan peningkatan kadar gula darah pada perawat. Kesimpulan penelitian ini menegaskan pentingnya pengendalian faktor risiko melalui penerapan gaya hidup sehat, manajemen stres kerja, serta pemantauan kesehatan berkala guna mencegah peningkatan kadar gula darah pada perawat. Disarankan kepada pihak rumah sakit untuk meningkatkan program promosi kesehatan dan pencegahan penyakit tidak menular bagi tenaga kesehatan.

ABSTRACT

An increase in blood glucose levels (hyperglycemia) among nurses is an occupational health problem that can be influenced by various risk factors, both individual and work-related. This study aims to analyze the prevalence of blood glucose levels and the relationship between risk factors such as gender, age, lifestyle, family history, length of employment, working duration, marital status, body mass index (BMI), stress level, and hypertension with blood glucose levels among nurses at Mitra Medika Bandar Klippa Hospital. This study used a quantitative method with a cross-sectional design. The sample consisted of 100 nurses selected using a stratified random sampling technique. Data were collected through structured questionnaires and random blood glucose measurements using a glucometer. Data analysis was conducted using univariate analysis to describe respondent characteristics, bivariate analysis using the Chi-Square test to determine relationships between variables, and multivariate analysis using logistic regression to identify dominant risk factors. The results showed that the prevalence of hyperglycemia among nurses was still relatively high. Bivariate analysis indicated significant relationships between age, lifestyle, family history, length of employment, working duration, marital status, BMI, stress level, and hypertension with blood glucose levels ($p\text{-value} < 0.05$). Multivariate analysis revealed that BMI was the dominant factor associated with increased blood glucose levels among nurses. In conclusion, this study highlights the importance of controlling risk factors through the implementation of a healthy lifestyle, work stress management, and regular health monitoring to prevent increased blood glucose levels among nurses. It is recommended that the hospital enhance health promotion programs and non-communicable disease prevention efforts for healthcare workers.