

Abstrak

Diabetes Mellitus (DM) merupakan suatu kelompok penyakit metabolik dengan karakteristik hiperglikemia. Berbagai penelitian epidemiologi menunjukkan adanya kecenderungan peningkatan insidensi dan prevalensi diabetes mellitus di berbagai penjuru dunia. Perubahan gaya hidup menyebabkan meningkatnya prevalensi sindrom metabolik diabetes mellitus. Penelitian ini bertujuan untuk mengetahui gambaran kadar gula darah sewaktu pada mahasiswa angkatan 2017 Fakultas Kedokteran Universitas Prima Indonesia. Jenis penelitian analitik observasional dengan teknik pengambilan sampel menggunakan metode non Penelitian ini adalah penelitian deskriptif dengan desain studi *cross sectional*. Penelitian ini akan dilaksanakan di Gedung UNPRI kampus 1. Sampel penelitian ini yaitu seluruh mahasiswa kedokteran angkatan 2017 Universitas Prima Indonesia berjumlah 99 orang. Data dikumpulkan dengan menggunakan kuesioner dan dianalisis secara univariat. Hasil penelitian menunjukkan bahwa mayoritas jenis kelamin responden adalah perempuan yaitu sebanyak 66 orang (66,7%), sedangkan responden laki-laki hanya 33 orang (33,3%). Menurut kadar gula darah, seluruh responden memiliki kadar gula darah yang normal (100%). Disarankan kepada responden agar menjaga pola makan dan pola hidup yang sehat agar kadar gula darah sewaktu tetap stabil dan akhirnya akan terhindar dari risiko diabetes mellitus.

Kata kunci: Diabetes mellitus, kadar gula darah, sindrom metabolik, pola makan

Abstract

Diabetes Mellitus (DM) is a group of metabolic diseases characterized by hyperglycemia. Various epidemiological studies have shown an increasing trend in the incidence and prevalence of diabetes mellitus in various parts of the world. Lifestyle changes lead to an increasing prevalence of the metabolic syndrome diabetes mellitus. This study aims to determine the description of blood sugar levels during class 2017 students of the Faculty of Medicine, Prima Indonesia University. This type of observational analytic research with sampling techniques using non-methods This research is a descriptive study with a cross sectional study design. This research will be carried out at the UNPRI campus building 1. The sample of this study is all medical students of the 2017 Prima Indonesia University class totaling 99 people. Data were collected using a questionnaire and analyzed by univariate. The results showed that the majority of the respondents were female, namely 66 people (66.7%), while only 33 male respondents (33.3%) were male respondents. According to blood sugar levels, all respondents had normal blood sugar levels (100%). Respondents are advised to maintain a healthy diet and lifestyle so that their blood sugar levels remain stable and ultimately avoid the risk of diabetes mellitus.

Keywords: Diabetes mellitus, blood sugar levels, metabolic syndrome, healthy diet