

ABSTRAK

Latar Belakang: Pekerjaan paruh waktu di kalangan mahasiswa menjadi fenomena umum di perguruan tinggi, sering kali dihadapi sebagai respons terhadap keterbatasan finansial, kebutuhan sehari-hari, dan keinginan untuk mandiri. Meski demikian, integrasi antara pekerjaan dan studi dapat menyebabkan tantangan signifikan, terutama terkait dengan beban tugas kuliah yang tinggi dan potensi risiko terhadap kesehatan. Fungsi kognitif, yang meliputi kemampuan atensi, memori, bahasa, dan keterampilan visuospasial, dapat terpengaruh oleh berbagai faktor, termasuk gangguan kesehatan seperti hiperglikemia. Hiperglikemia, atau kadar glukosa darah tinggi, sering kali dikaitkan dengan penurunan fungsi kognitif. Di Indonesia, prevalensi hiperglikemia meningkat, dengan kelompok usia 17-29 tahun yang tidak terdiagnosis tertinggi; **Tujuan:** Menganalisis hubungan Kadar Gula Darah (KGD) dengan Fungsi Kognitif (DSST) pada mahasiswa Fakultas Ekonomi Universitas Prima Indonesia yang bekerja paruh waktu; **Metode:** Penelitian ini termasuk penelitian observasional analitik dengan menerapkan desain *cross-sectional*. Sampel yang dipergunakan adalah mahasiswa dan mahasiswi Program Studi Manajemen Fakultas Ekonomi Universitas Prima Indonesia yang bekerja paruh waktu sebanyak 100 orang; **Hasil:** Data dihimpun melalui lembar pengamatan, lalu peneliti menganalisisnya dengan menjalankan uji korelasi *Rank Spearman*, dan hasil yang diperoleh mengindikasikan mayoritas responden berusia 18 tahun (45%), berjenis kelamin laki-laki sebanyak 55 orang (55%), mayoritas mahasiswa yang bekerja paruh waktu < 3 bulan, yaitu sebanyak 53%, sedangkan sisanya 47% > 3 bulan, nilai kadar gula darah, dihitung dengan glukometer membuahakan hasil rentang 66-217 dengan nilai median 96. Skor *Digit Symbol Substitution Test (DSST)*, evaluasi fungsi kognitif mendapatkan nilai skor median 38 dengan rentang nilai 17-53; **Kesimpulan:** didapatkan hasil uji korelasi *Rank Spearman* hubungan antara Kadar Gula Darah terhadap Fungsi Kognitif, yaitu $p= 0.002$ ($p<0.05$). Selanjutnya hubungan antara Kadar Gula Darah dan Fungsi Kognitif mengindikasikan kekuatan korelasi sedang. Hal ini diindikasikan dari nilai koefisien korelasi (-0,307) yang menandakan bahwa kenaikan kadar gula darah berhubungan dengan penurunan fungsi kognitif.

Kata Kunci: Kadar Gula Darah; Fungsi Kognitif; *Digit Symbol Substitution Test (DSST)*; Mahasiswa; Bekerja Paruh Waktu.

ABSTRACT

Background: Part-time work among students has become a common phenomenon in higher education, often driven by financial constraints, daily needs, and the desire for independence. However, the integration of work and study can pose significant challenges, particularly concerning the heavy workload of assignments and potential health risks. Cognitive functions, which include attention, memory, language, and visuospatial skills, can be affected by various factors, including health disorders such as hyperglycemia. Hyperglycemia, or high blood glucose levels, is often associated with a decline in cognitive function. In Indonesia, the prevalence of hyperglycemia is increasing, with the highest undiagnosed rates in the age group 17-29 years. **Objective:** To analyze the relationship between Blood Glucose Levels (BGL) and Cognitive Function (DSST) among students of the Faculty of Economics at Universitas Prima Indonesia who work part-time. **Methods:** This study is an observational analytical research employing a cross-sectional design. The sample consists of 100 part-time working students from the Management Study Program, Faculty of Economics, Universitas Prima Indonesia. Data were collected through observation sheets, and the analysis was conducted using the Spearman Rank Correlation test. **Results:** The data indicate that the majority of respondents are 18 years old (45%), with 55 males (55%). Most students work part-time for less than 3 months (53%), while the remaining 47% work for more than 3 months. Blood glucose levels, measured with a glucometer, ranged from 66 to 217 with a median value of 96. The Digit Symbol Substitution Test (DSST) scores, used for evaluating cognitive function, had a median score of 38 with a range of 17 to 53. **Conclusion:** The Spearman Rank Correlation test results show a relationship between Blood Glucose Levels and Cognitive Function with a p-value of 0.002 ($p < 0.05$). The correlation strength between Blood Glucose Levels and Cognitive Function indicates a moderate correlation, as indicated by the correlation coefficient (-0.307), suggesting that an increase in blood glucose levels is associated with a decrease in cognitive function.

Keywords: Blood Glucose Levels; Cognitive Function; Digit Symbol Substitution Test (DSST); Students; Part-Time Work.