

ABSTRAK

Judul : Analisis Korelasi Antara Aktivitas Fisik Rutinitas Harian Dengan Kontrol Glukosa Darah Pada Pasien Diabetes Melitus Di Puskesmas Kampung Masjid Labuhan Batu Utara

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Kontrol glukosa darah pada pasien diabetes melitus (DM) masih menjadi tantangan di layanan primer. Aktivitas fisik berperan penting dalam meningkatkan sensitivitas insulin, namun kepatuhan pasien sering rendah. Tujuan penelitian ini menganalisis hubungan antara aktivitas fisik harian dan kontrol glukosa darah pada pasien DM di Puskesmas Kampung Mesjid Labuhan Batu Utara.

Penelitian menggunakan rancangan kuantitatif deskriptif-korelasional dengan desain potong lintang serta total sampling (n=55). Aktivitas fisik diukur memakai GPAQ (dikonversi ke METs/min/minggu); kadar glukosa darah sewaktu (GDS) diperoleh melalui rekam medis.

Uji normalitas *Kolmogorov-Smirnov* menunjukkan data tidak normal; analisis hubungan menggunakan korelasi *Spearman*. Hasil: Rata-rata skor GPAQ 1.471,93 METs/min/minggu; 45,5% responden berkategori aktivitas rendah. Rata-rata GDS 307,53 mg/dL (204–547 mg/dL). Terdapat korelasi negatif kuat dan bermakna antara aktivitas fisik dan kadar glukosa darah ($r = -0,615$; $p = 0,000$).

Aktivitas fisik yang lebih tinggi berasosiasi dengan kontrol glukosa darah yang lebih baik. Implikasi: Program Prolanis perlu memasukkan paket latihan terstruktur dan pemantauan aktivitas fisik rutin.

Kata kunci: diabetes melitus, aktivitas fisik, GPAQ; gula darah.

ABSTRACT

Title : *Correlation Analysis Between Daily Physical Activity and Blood Glucose Control Among Diabetes Mellitus Patients at Kampung Masjid Health Center, Labuhan Batu Utara*

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Blood glucose control among patients with diabetes mellitus (DM) remains a major challenge in primary health care. Physical activity plays an important role in improving insulin sensitivity; however, patient adherence is often low. This study aimed to analyze the relationship between daily physical activity and blood glucose control among DM patients at Kampung Mesjid Health Center, Labuhan Batu Utara.

The study employed a quantitative descriptive–correlational design with a cross-sectional approach and total sampling (n=55). Physical activity was measured using the Global Physical Activity Questionnaire (GPAQ) and converted to METs/min/week, while random blood glucose (RBG) levels were obtained from medical records.

The Kolmogorov–Smirnov normality test showed that the data were not normally distributed; therefore, the Spearman correlation test was used. Results: The mean GPAQ score was 1,471.93 METs/min/week, with 45.5% of respondents categorized as having low physical activity. The mean RBG level was 307.53 mg/dL (range 204–547 mg/dL). There was a strong and significant negative correlation between physical activity and blood glucose levels ($r = -0.615$; $p = 0.000$).

Higher levels of physical activity were associated with better blood glucose control. Implication: The Prolanis program should include structured exercise packages and routine monitoring of physical activity.

Kata kunci: *diabetes mellitus, physical activity, GPAQ, blood glucose*