

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN KEMENKES RIAU  
PROGRAM STUDI DIPLOMA III GIZI**

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**GAMBARAN KEPATUHAN DIET, BEBAN GLIKEMIK DAN KADAR  
GLUKOSA DARAH PADA PASIEN DIABETES MELITUS TIPE 2 DI  
RSUD BANGKINANG**

**XV, 48 Halaman, 8 Tabel, 1 Gambar**

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**ABSTRAK**

Riau menempati urutan ke-15 di Indonesia dengan kasus DM tertinggi mencapai 1,9% pada tahun 2018 dan diperkirakan akan terus meningkat. Untuk mencegah terjadinya komplikasi perlu dilakukan pengendalian glukosa darah dengan patuh terhadap diet DM yang memiliki prinsip tepat 3J (Jadwal, Jenis dan Jumlah). Jumlah asupan karbohidrat mempengaruhi beban glikemik dan tentunya mempengaruhi kadar glukosa darah secara langsung. Penelitian ini bertujuan untuk mengetahui gambaran kepatuhan diet, beban glikemik dan kadar glukosa darah pada pasien diabetes melitus tipe 2.

Penelitian ini menggunakan jenis deskriptif dengan pendekatan *cross-sectional*. Teknik pengambilan subjek secara *purposive sampling* sebanyak 75 orang sesuai kriteria inklusi yaitu pasien DM yang telah berkunjung lebih dari 6 bulan dan bersedia menjadi responden. Pengumpulan data kepatuhan diet menggunakan kuesioner, data asupan karbohidrat menggunakan metode *Food Recall* 1 x 24 jam dan data kadar glukosa darah sewaktu diperoleh melalui rekam medik. Beban glikemik didapatkan dari hasil jumlah gram karbohidrat setiap makanan dikalikan dengan indeks glikemik pada makanan tersebut dibagi 100. Analisis data dilakukan secara univariat.

Hasil penelitian menunjukkan sebanyak 80% responden cukup patuh dengan rata-rata skor sebesar 48,39. Sebanyak 52% responden mengonsumsi beban glikemik tinggi dengan rata-rata sebesar 122,59 gram. Sebanyak 61,3% responden memiliki kadar glukosa darah sewaktu normal dengan median sebesar 177 mg/dL. Diharapkan penderita DM mematuhi anjuran diet dan petugas kesehatan memberikan pemahaman terkait anjuran diet agar dapat meminimalkan potensi komplikasi.

**Kata Kunci : Diabetes Melitus, Kepatuhan Diet, Beban Glikemik, Kadar Glukosa Darah**

**MINISTRY OF HEALTH REPUBLIC INDONESIA  
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**AN OVERVIEW OF DIETARY OBEDIENCE, GLYCEMIC LOAD AND  
BLOOD GLUCOSE LEVELS ON DIABETICS TYPE 2 AT RSUD  
BANGKINANG  
XV, 48 Pages, 8 Tables, 1 Picture**

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**ABSTRACT**

Riau ranks 15<sup>th</sup> in Indonesia with the highest DM cases reaching 1.9% in 2018 and is expected to continue to increase. To prevent the occurrence of complications, it is necessary to control blood glucose by complying with the DM diet which has the right principle of 3J (Schedule, Type and Quantity). The amount of carbohydrate intake affects the glycemic load and certainly affects blood glucose levels directly. This study aims to determine the overview of dietary obedience, glycemic load and blood glucose levels on diabetics type 2.

This study used a descriptive type with a cross-sectional design. The technique of taking subjects by purposive sampling of 75 people according to the inclusion criteria, namely DM patients who have visited for more than 6 months and are willing to be respondents. Collection of dietary obedience data using questionnaires, carbohydrate intake data using the 1 x 24-hour Food Recall method and blood glucose level data when obtained through medical records. The glycemic load is obtained from the result of the number of grams of carbohydrates of each food multiplied by the glycemic index in the food divided by 100. Data analysis is carried out univariately.

The results showed that as many as 80% of respondents were quite compliant with an average score of 48.39. As many as 52% of respondents consumed a high glycemic load with an average of 122.59 grams. As many as 61.3% of respondents had blood glucose levels while normal with a median of 177 mg/dL. It is expected that people with DM comply with dietary recommendations and health workers provide an understanding of dietary recommendations in order to minimize potential complications.

**Keywords : Diabetes Melitus, Dietary Obedience, Glycemic Load, Blood Glucose Levels.**