

ABSTRAK

QAANITAA AN NAJIYAH. Identifikasi Beban Glikemik Terhadap Kadar Glukosa Darah Dan Kadar HbA1C Pada Penderita Diabetes Melitus Tipe 2 (Studi Kasus). Dibimbing oleh Yessi Alza, SST, M.Biomed dan Yolahumaroh, SKM, MPH.

Penderita diabetes melitus tipe 2 ditandai dengan hiperglikemia dan resistensi insulin. Penderita diabetes mengontrol kadar glukosa darahnya dengan menjaga asupan karbohidrat, baik menurut jenis maupun jumlah. Mengonsumsi karbohidrat yang tinggi indeks glikemik dalam keadaan tubuh resisten terhadap insulin dapat meningkatkan kadar glukosa darah. Kadar glukosa darah yang tinggi dan tidak terkontrol dapat menyebabkan komplikasi. Penelitian ini bertujuan untuk mengidentifikasi beban glikemik makanan terhadap kadar glukosa darah dan kadar HbA1C penderita Diabetes Melitus Tipe 2. Penelitian ini adalah penelitian kualitatif dengan desain studi kasus. Subjek studi kasus ini adalah penderita Diabetes Melitus Tipe 2. Pengumpulan data asupan karbohidrat menggunakan metode *Food Recall* 1 x 24 jam selama tiga hari, serta data kadar glukosa darah puasa dan HbA1C diperoleh melalui hasil pemeriksaan di laboratorium. Beban glikemik didapatkan dari hasil jumlah karbohidrat setiap makanan dikali dengan indeks glikemik dibagi 100. Analisis data dilakukan secara univariat. Hasil penelitian menunjukkan responden mengonsumsi beban glikemik tinggi dengan rata-rata sebesar 144,3. Responden memiliki kadar glukosa darah puasa tinggi sebesar 274 mg/dL. Responden memiliki kadar HbA1C tidak terkontrol (tinggi) sebesar 12,3%. Diharapkan pada penderita DM untuk bijak dalam memilih jenis pangan sumber karbohidrat serta jumlah konsumsinya dalam sehari untuk mengontrol kadar gula darah.

Kata Kunci : diabetes melitus, beban glikemik, kadar glukosa darah, kadar HbA1C

ABSTRACT

QAANITAA AN NAJIYAH. Identification of Glycemic Load on Blood Glucose Levels and HbA1C Levels in Type 2 Diabetes Mellitus Patients (Case Study). Supervised by Yessi Alza, SST, M.Biomed and Yolahumaroh, SKM, MPH.

Type 2 diabetes mellitus sufferers are characterized by hyperglycemia and insulin resistance. Diabetics control their blood glucose levels by maintaining carbohydrate intake, both by type and amount. Consuming carbohydrates with a high glycemic index when the body is insulin resistant can increase blood glucose levels. High and uncontrolled blood glucose levels can cause complications. This study aims to identify the glycemic load of food on blood glucose levels and HbA1C levels in people with Type 2 Diabetes Mellitus. This research is a qualitative study with a case study design. The subjects of this case study were sufferers of Type 2 Diabetes Mellitus. Data were collected on carbohydrate intake using the Food Recall method 1 x 24 hours for three days, as well as data on fasting blood glucose levels and HbA1C obtained through laboratory examination results. The glycemic load is obtained from the number of carbohydrates for each food multiplied by the glycemic index divided by 100. Data analysis was carried out univariately. The research results showed that respondents consumed a high glycemic load with an average of 144.3. The respondent had a high fasting blood glucose level of 274 mg/dL. Respondents had uncontrolled HbA1C levels of 12.3% (high). It is hoped that DM sufferers will be wise in choosing the type of food source of carbohydrates and the amount they consume in a day to control blood sugar levels.

Keywords: diabetes melitus, glycemic load, blood glucose levels, HbA1C levels