

# HUBUNGAN ANTARA KADAR GLUKOSA DARAH DENGAN KUALITAS HIDUP PASIEN DIABETES MELLITUS PESERTA PROGRAM PENGELOLAAN PENYAKIT KRONIS (PROLANIS) DI PUSKESMAS KASIHAN BANTUL YOGYAKARTA

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## INTISARI

**LatarBelakang** :Penyakit diabetes mellitus saat ini menjadi ancaman kesehatan global karena terus meningkatnya jumlah pasien secara signifikan dari tahun ketahun. Ketidakstabilan yang terjadi pada glukosa dalam darah pasien DM, akan mengganggu aktivitas pasien, sehingga mempengaruhi kualitas hidup pasien DM.

**Tujuan** :Penelitian ini bertujuan untuk mengetahui hubungan antara kadar glukosa darah dengan kualitas hidup pasien diabetes mellitus peserta program pengelolaan penyakit kronis (PROLANIS) di Puskesmas Kasihan I dan II Kabupaten Bantul.

**Metode** :Desain penelitian deskriptif korelatif dengan rancangan *cross sectional*. Penelitian ini melibatkan 63 pasien diabetes mellitus peserta PROLANIS di Puskesmas KasihanI dan II Bantul yang diambil dengan teknik *purposive sampling*. Kadar glukosa darah yang digunakan adalah glukosa darah puasa (GDP) dan glukosa darah 2 jam *post prandial* (GDPP) sedangkan kualitas hidup dengan kuesioner DQOL *Brief Clinical Inventory* yang selanjutnya di analisis dengan uji *Person product moment*.

**Hasil** : Hasil analisis uji korelasi *pearson* kadar glukosa darah puasa (GDP) dan kadar glukosa darah 2 jam *post prandial* (GDPP) dengan kualitas hidup pasien diabetes diperoleh nilai *p value* 0,000 ( $p < 0,05$ ).

**Kesimpulan** :Ada hubungan antara kadar glukosa darah dengan kualitas hidup pasien diabetes mellitus peserta PROLANIS di Puskesmas Kasihan Bantul.

**Kata Kunci** : Diabetes Mellitus, Kadar Glukosa Darah, Kualitas Hidup.

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**THE RELATION BETWEEN BLOOD GLUCOSE LEVEL AND QUALITY OF LIFE OF DIABETES MELLITUS PATIENTS WHO JOINED CHRONIC DISEASE MANAGEMENT PROGRAM (PROLANIS) IN KASIHAN PUBLIC HEALTH CENTER, BANTUL YOGYAKARTA**

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**ABSTRACT**

**Background** : Diabetes mellitus disease is a global health due to significantly increasing number of patients from year to year. Instability in glucose in the blood of DM patients will disturb the patients' activities, thus affecting the quality of life of DM patients.

**Purpose** : This study aimed to determine the relation between blood glucose level the quality of life of diabetes mellitus patients who joined chronic disease management program (PROLANIS) in Kasihan I and II Public Health Centers, Bantul Regency.

**Method** : This study was descriptive correlative research design with cross sectional design. The sample of this study 63 diabetes mellitus patients who joined PROLANIS in Kasihan I and II Public Health Centers, Bantul who were selected by purposive sampling technique. The blood glucose level method was measured blood glucose and blood glucose 2 hours post prandial levels while quality of life was measured by DQOL *Brief Clinical Inventory* which was then analyzed by Pearson product moment test.

**Result** : The result of Pearson correlation test of fasting blood glucose (GDP) blood glucose 2 hours post prandial (GDPP) levels and quality of life of diabetes patients was *p value* 0,000 ( $p < 0,05$ ).

**Conclusion** : There was relation between blood glucose level and quality of life of diabetes mellitus patients who joined PROLANIS in Kasihan Public Health Center, Bantul.

**Keywords** : Diabetes Mellitus, Blood Glucose Level, Quality of Life

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