

HUBUNGAN ASUPAN ENERGI TOTAL DAN RIWAYAT DIABETES MELLITUS KELUARGA DENGAN KEJADIAN DIABETES MELLITUS GESTASIONAL PADA IBU HAMIL DI KABUPATEN BANTUL

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Intisari

Latar Belakang : Prevalensi diabetes mellitus gestasional di Indonesia sebesar 1,9%-3,6% pada kehamilan umumnya. Makanan tinggi energi berhubungan dengan obesitas, resistensi insulin sehingga dapat memicu peningkatan kadar glukosa darah. Selain itu riwayat DM keluarga dapat mempengaruhi seseorang mengalami diabetes mellitus gestasional yaitu tiga kali lebih besar dibandingkan tidak memiliki riwayat DM keluarga.

Tujuan : Penelitian ini bertujuan untuk mengetahui apakah ada hubungan asupan energi total dan riwayat diabetes mellitus keluarga dengan kejadian diabetes mellitus gestasional pada ibu hamil di Kabupaten Bantul.

Metode : Penelitian ini merupakan penelitian analitik observasional dengan rancangan penelitian *cross sectional*. Teknik pengambilan sampel menggunakan metode *purposive sampling*. Subjek penelitian adalah ibu hamil yang datang ke puskesmas bantul, dan telah dilakukan pengecekan reduksi urin di trimester 1 di wilayah kerja puskesmas Kabupaten Bantul. Jumlah sampel dalam penelitian ini yaitu sebanyak 136 ibu hamil. Data yang dikumpulkan meliputi karakteristik responden, yaitu umur, tingkat pendidikan, jenis pekerjaan, riwayat DM keluarga, hasil pengukuran kadar glukosa darah puasa dan form *semi qualitative food frequency questionnaire (SQ-FFQ)*. Data akan dianalisis menggunakan *Likelihood Ratio* dengan tingkat kemaknaan $\alpha < 0.05$.

Hasil : Dari 136 responden, 3 orang diantaranya termasuk kelompok DMG. Hasil uji *Likelihood Ratio* menunjukkan hubungan asupan energi total dengan kejadian DMG memiliki *p-value* 0,000, hubungan riwayat DM keluarga dengan kejadian DMG memiliki *p-value* 0,563.

Kesimpulan : Ada hubungan yang signifikan antara asupan energi total dengan kejadian DMG pada ibu hamil di Kabupaten Bantul dan tidak ada hubungan yang signifikan antara riwayat DM keluarga dengan kejadian DMG pada ibu hamil di Kabupaten Bantul.

Kata Kunci : Asupan Energi Total, Diabetes Mellitus Gestasional, Riwayat Diabetes Mellitus Keluarga

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THE ASSOCIATION OF TOTAL ENERGY INTAKE AND FAMILY DIABETES MELLITUS HISTORY WITH THE INCIDENCE OF GESTATIONAL DIABETES MELLITUS IN PREGNANT WOMEN IN BANTUL REGENCY

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ABSTRACT

Background: The prevalence of gestational diabetes mellitus in Indonesia is 1.9% -3.6% in general pregnancy. High-energy foods are associated with obesity, insulin resistance so that it can trigger an increase in blood glucose levels. In addition, the history of family DM has a three times greater influence on the incidence of gestational diabetes mellitus compared to families without a history of diabetes mellitus.

Objective: the objective of this study is to determine whether there is an association of total energy intake and family diabetes mellitus history with the incidence of gestational diabetes mellitus in pregnant women in Bantul regency.

Method: This study was an observational analytic study with a cross sectional study design. The sampling technique uses purposive sampling method. The research subjects were pregnant women who came to the Bantul community health center, and those who have checked urine reduction in the 1st trimester in the working area of Bantul regency community health center. The number of samples in this study were 136 pregnant women. The data collected included the characteristics of respondents namely, age, education level, type of work, family DM history, results of fasting blood glucose levels and a semi-qualitative food frequency questionnaire (SQ-FFQ). Data will be analyzed using Likelihood Ratio with a significance level of $\alpha < 0.05$.

Results: Out of 136 respondents, 3 of them included the DMG group. The results of the Likelihood Ratio test showed that the association between total energy intake and the incidence of DMG had a value of $p = 0,000$, the association between the history of family DM and the incidence of DMG had a value of $p = 0.563$.

Conclusion: There was a significant association between total energy intake and the incidence of DMG in Bantul Regency and there was no significant association between family history of DM and the incidence of DMG in Bantul Regency.

Keywords: Total Energy Intake, Gestational Diabetes Mellitus, Family Diabetes Mellitus History

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