

ABSTRAK

HUBUNGAN ASUPAN MAGNESIUM DANPROTEIN DENGAN HIPERGLIKEMIA PADA KYAI DAN GURU DI PONDOK PESANTREN DAERAH ISTIMEWA YOGYAKARTA

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Latar Belakang : Berdasarkan data Riskesdas prevalesni DM di Indonesia mencapai 2.1% pada tahun 2013, hal ini mengalami peningkatan dibandingkan pada tahun 2007. Provinsi DIY merupakan salah satu provinsi dengan tingkat prevalensi penyakit DM yang tinggi yaitu 3,0 %. Terapi nutrisi merupakan salah satu dari empat pilar penatalaksanaan DM, seperti magnesium dan protein. Magnesium berperan penting dalam homeostatis glukosa dan kinerja insulin, sedangkan protein yang berlebihan dapat mempengaruhi kada glukosa darah.

Tujuan : Untuk mengetahui hubungan asupan magnesium dan protein dengan kejadian hiperglikemia pada Kyai dan guru di Pondok Pesantren DY

Metode : Penelitian adalah penelitian observasional analitik dengan rancangan *Cross sectionall*. Populasi dalam penelitian ini adalah kyai dan guru di pondok pesantren DIY yang berjumlah 579 orang. Jumlah sampel minimal yang diperoleh sebanyak 95 responden dengan teknik pengambilan sampel *probability proportional to size* (PPS). Data Asupan magnesium dan protein menggunakan kuesioner *Semi Quantitatif Food Frekuensi* (SQ-FFQ). Analisis data berupa distribusi frekuensi, uji *chi square* dan uji *koloreasi spearman* dilakukan dengan menggunakan *software SPSS*

Hasil Penelitian : Asupan magnesium pada perempuan tidak berhubungan dengan kejadian hiperglikemia ($p\ value = 0.118$, $r = -0.152$) asupan magnesium pada laki laki tidak berhubungan dengan kejadian hiperglikemia ($p\ value = 0.178$, $r = 0.125$) dan asupan protein tidak berhubungan dengan kejadian hiperglikemia ($p\ value = 0.366$, $r = 0.018$). Variabel lain yang di analisis adalah usia ($p\ value = 0.000$), Jenis Kelamin ($p\ value = 0.131$), pendidikan ($p\ value = 0.001$) dan pekerjaan ($p\ value = 0.000$).

Kesimpulan : Tidak terdapat hubungan yang bermakna antara asupan magnesium, protein, jenis kelamin dengan kejadian hiperglikemia, ada hubungan bermakna antara usia, pendidikan dan pekerjaan dengan kejadian hiperglikemia.

Kata kunci : **Asupan magnesium, protein, hiperglikemia**

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ABSTRACT

RELATIONSHIP OF MAGNESIUM INTAKE AND PROTEIN WITH HYPERGLYCEMIA ON KYAI (GRAND-PREACHER) AND TEACHER IN ISLAMIC BOARDING SCHOOL IN SPECIAL REGION OF YOGYAKARTA

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Background : Based on Riskesdas data, the prevalence of DM in Indonesia reached 2.1% in 2013, this has increased compared to the year 2007. DIY province is one of the provinces with high prevalence of DM disease amounting to 3.0%. Nutritional therapy is one of the four pillars of DM management, such as magnesium and protein. Magnesium plays an important role in homeostasis glucose and insulin performance, whereas excessive protein can affect blood glucose chest.

Objective : To know the correlation between magnesium intake and protein with hyperglycemia on Kyai and teachers in Islamic Boarding School in Special Region of Yogyakarta

Method : This is an observational analytic study with Cross sectionall design. Population in this research were kyai and teacher in islamic boarding school of DIY which amounted to 579 people. The minimum number of samples obtained were 95 respondents with probability proportional to size (PPS) sampling technique. Data of magnesium and protein intake was done using Semi Quantitative Food Frequency (SQ-FFQ) questionnaire. Data analysis were frequency distribution, chi square test and spearman collaration test were done by using SPSS software

Research Results : Magnesium intake in women was not associated with the incidence of hyperglycemia (p value = 0.118, r = -0.152) magnesium intake in males was not associated with the incidence of hyperglycemia (p value = 0.178, r = 0.125) and protein intake was not related with the incidence of hyperglycemia value = 0.366, r = 0.018). Other variables analyzed were age (p value = 0.000), gender (p value = 0.131), education (p value = 0.001) and work (p value = 0.000).

Conclusion : There was no significant association between magnesium intake, protein, gender with the incidence of hyperglycemia, there was a significant association between age, education and occupation with the incidence of hyperglycemia.

Key words : Intake of magnesium, protein, hyperglycemia

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