

## ABSTRAK

### **Lisna Handayani Malau: Hubungan Kepatuhan Diet Diabetes Melitus Dengan Kadar Glukosa Darah Pada Lansia Penderita Diabetes Melitus Di Puskesmas Sering. 2025.**

Diabetes melitus adalah kondisi ketika tubuh mengalami gangguan dalam proses metabolisme, sehingga kadar glukosa darah menjadi tinggi. Tingginya kadar glukosa darah umumnya ditemukan pada lansia. Hal ini disebabkan adanya penurunan fungsi tubuh seperti berkurangnya produksi insulin yang akan mengakibatkan terjadinya resistensi insulin. Hasil observasi di Puskesmas Sering pada Januari-Desember 2024 diperoleh 27 orang (41%) lansia penderita diabetes melitus mempunyai kadar glukosa darah yang tidak terkontrol dengan rata-rata kadar glukosa darah adalah 220 mg/dL.

Penelitian ini bertujuan untuk mengetahui: (1) Karakteristik lansia penderita diabetes melitus di Puskesmas Sering; (2) Kadar glukosa darah pada lansia penderita diabetes melitus di Puskesmas Sering; (3) Kepatuhan diet pada lansia penderita diabetes melitus di Puskesmas Sering; (4) Hubungan kepatuhan diet diabetes melitus dengan kadar glukosa darah pada lansia penderita diabetes melitus di Puskesmas Sering.

Tempat penelitian ini dilaksanakan di Puskesmas Sering di Jalan Sering No. 20 Medan, Kelurahan Sidorejo, Kecamatan Medan Tembung, Kota Medan, Provinsi Sumatera Utara. Waktu penelitian ini dilaksanakan pada April-Mei 2025. Teknik pengambilan sampel secara total *sampling*, dengan jumlah sampel 50 orang. Desain penelitian *cross sectional*. Teknik pengumpulan data kepatuhan diet diabetes melitus menggunakan *perceived dietary adherence questionnaire* (PDAQ) dan kadar glukosa darah melalui pengukuran kadar glukosa darah menggunakan glukometer. Teknik analisis data menggunakan uji *chi square*.

Hasil penelitian menggunakan uji *chi square* menunjukkan hasil terdapat hubungan yang signifikan antara kepatuhan diet diabetes melitus dengan kadar glukosa darah pada lansia penderita diabetes melitus di puskesmas sering dengan *p-value* 0,000 dan *prevalensi ratio* sebesar 6,788.

**Kata Kunci:** Kepatuhan Diet; Diabetes Melitus; Kadar Glukosa Darah; Lansia.

## ABSTRACT

**Lisna Handayani Malau: *The Relationship between Diabetes Mellitus Diet Compliance and Blood Glucose Levels in Elderly Patients with Diabetes Mellitus at Sering Health Center. 2025.***

*Diabetes mellitus is a condition in which the body experiences disruptions in the metabolic process, leading to high blood glucose levels. High blood glucose levels are commonly found in the elderly. This is caused by a decline in body functions such as reduced insulin production, which results in insulin resistance. Results of observations at the Sering Community Health Center from January to December 2024 showed that 27 people (41%) of elderly patients with diabetes mellitus had uncontrolled blood glucose levels, with an average blood glucose level of 220 mg/dL.*

*This study aims to find out: (1) Characteristics of elderly people with diabetes mellitus at the Sering Health Center; (2) Blood glucose levels in elderly people with diabetes mellitus at the Sering Health Center; (3) Dietary adherence in elderly patients with diabetes mellitus at the Sering Health Center; (4) The relationship between diabetes mellitus diet adherence and blood glucose levels in elderly people with diabetes mellitus at the Sering Health Center.*

*The place where this research was carried out was at the Sering Health Center on Jalan Sering No. 20 Medan, Sidorejo Village, Medan Tembung District, Medan City, North Sumatra Province. The time for this research will be carried out in April-May 2025. The sampling technique was a total of 50 people. Cross sectional research design. The technique of collecting data on diabetes mellitus diet adherence using the perceived dietary adherence questionnaire (PDAQ) and blood glucose levels through the measurement of blood glucose levels using a glucometer. The data analysis technique used chi square test.*

*The results of the research using the chi-square test indicate that there is a significant relationship between diabetes mellitus diet compliance and blood glucose levels in elderly patients with diabetes mellitus at the community health center, with a p-value of 0.000 and an prevalensi ratio of 6,788.*

**Keywords: Diet Compliance; Diabetes Mellitus; Blood Glucose Levels; Elderly.**