

ABSTRAK

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Program Studi : Kedokteran Umum
Judul Skripsi : Hubungan Antara Gaya Hidup Sebagai Faktor Risiko Diabetes Melitus Tipe 2 Dengan Profil Glukosa Darah dan Tinjauannya Menurut Pandangan Islam

Latar Belakang: Diabetes Melitus Tipe 2 (DM Tipe 2) adalah penyakit metabolik kronis akibat resistensi insulin dan disfungsi sel beta pankreas. Menurut *International Diabetes Federation* (IDF) 2021, Indonesia menempati peringkat kelima dunia, dengan sekitar 14,3 juta kasus tidak terdiagnosis, terutama pada usia muda. Gaya hidup (aktivitas fisik, pola makan, dan perilaku merokok) menjadi faktor risiko diabetes melitus tipe 2. Remaja, khususnya mahasiswa kedokteran, termasuk kelompok yang rentan karena tekanan akademik dan pola hidup sedentari. Dalam Islam, menjaga kesehatan merupakan amanah yang harus dipertanggungjawabkan, sesuai prinsip *hifz al-nafs*. Penelitian ini diharapkan menjadi dasar edukasi, pencegahan dini, serta mendorong mahasiswa menerapkan gaya hidup sehat sebagai bentuk ibadah dan tanggung jawab spiritual.

Metode: Penelitian ini menggunakan metode kuantitatif observasional analitik dengan pendekatan cross-sectional. Data dikumpulkan melalui pengukuran gaya hidup, meliputi aktivitas fisik, pola makan, dan perilaku merokok menggunakan kuesioner, serta pemeriksaan kadar glukosa darah puasa (GDP) dan glukosa darah sewaktu (GDS) pada 92 mahasiswa Fakultas Kedokteran Universitas YARSI angkatan 2022–2023 menggunakan alat *Point of Care Testing* (POCT). Analisis hubungan antarvariabel dilakukan menggunakan uji Chi-Square.

Hasil: Dari 92 responden, mayoritas memiliki aktivitas fisik sedang, pola makan buruk, dan tidak merokok, baik pada hari biasa maupun selama bulan puasa. Hasil uji statistik menunjukkan bahwa pada hari biasa, terdapat hubungan signifikan antara kadar glukosa darah sewaktu (GDS) dan pola makan ($p=0,001$), namun tidak terdapat hubungan dengan aktivitas fisik ($p=0,354$) maupun perilaku merokok ($p=0,629$). Selama bulan puasa, tidak ditemukan hubungan signifikan antara kadar glukosa darah puasa (GDP) dengan aktivitas fisik ($p=0,089$) dan perilaku merokok ($p=0,513$), sementara analisis terhadap pola makan tidak dapat dilakukan.

Kesimpulan: Terdapat hubungan yang signifikan antara pola makan dengan kadar glukosa darah sewaktu (GDS), namun tidak ditemukan hubungan signifikan antara aktivitas fisik maupun perilaku merokok dengan kadar glukosa darah, baik pada hari biasa maupun selama bulan puasa. Hal ini menunjukkan bahwa pola makan berperan penting dalam pengendalian kadar glukosa darah pada mahasiswa.

Kata Kunci: Diabetes Melitus Tipe 2, Gaya hidup, Glukosa Darah, Pandangan Islam.

ABSTRACT

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Title : *The Relationship Between Lifestyle as a Risk Factor for Type 2 Diabetes Mellitus and Blood Glucose Profile and Its Review According to Islamic Perspective*

Background: Type 2 diabetes mellitus (T2DM) is a chronic metabolic disease caused by insulin resistance and pancreatic beta cell dysfunction. According to the International Diabetes Federation (IDF) 2021, Indonesia ranks fifth in the world, with approximately 14.3 million undiagnosed cases, particularly among young people. Lifestyle factors (physical activity, diet, and smoking behavior) are risk factors for Type 2 Diabetes Mellitus. Adolescents, particularly medical students, are a vulnerable group due to academic pressure and sedentary lifestyles. In Islam, maintaining health is a responsibility that must be fulfilled, in accordance with the principle of *hifz al-nafs*. This study is expected to serve as a foundation for education, early prevention, and to encourage students to adopt a healthy lifestyle as a form of worship and spiritual responsibility.

Method: This study used a quantitative observational analytical method with a cross-sectional approach. Data were collected through lifestyle measurements, including physical activity, dietary patterns, and smoking behavior using a questionnaire, as well as fasting blood glucose (FBG) and random blood glucose (RBG) levels in 92 medical students from the Faculty of Medicine, YARSI University, class of 2022–2023, using Point of Care Testing (POCT) devices. The relationship between variables was analyzed using the Chi-Square test.

Results: Of the 92 respondents, the majority had moderate physical activity, poor eating habits, and did not smoke, both on normal days and during the fasting month. Statistical analysis revealed that on regular days, there was a significant association between random blood glucose (RBG) and dietary patterns ($p=0.001$), but no association with physical activity ($p=0.354$) or smoking behavior ($p=0.629$). During the fasting month, no significant association was found between fasting blood glucose levels (FBG) and physical activity ($p=0.089$) or smoking behavior ($p=0.513$), while analysis of dietary patterns could not be conducted.

Conclusion: There is a significant relationship between dietary patterns and fasting blood glucose levels (FBG), but no significant relationship was found between physical activity or smoking behavior and blood glucose levels, either on regular days or during the fasting month. This indicates that dietary patterns play a crucial role in controlling blood glucose levels among students.

Keywords: Type 2 Diabetes Mellitus, Lifestyle, Blood Glucose, Islamic Perspective.