

ABSTRAK

Nama : Farah Alzena Gyda
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Program Studi : Kedokteran Umum
Judul Skripsi : Hubungan Penurunan Indeks Massa Tubuh dengan Kadar Gula Darah Pada Penderita Diabetes Melitus Tipe 2 dengan Obesitas di Puskesmas Seginim Bengkulu Selatan dan Tinjauannya Menurut Pandangan Islam (Melalui Edukasi Diet Gizi Seimbang)

Latar Belakang: Diabetes melitus merupakan gangguan metabolik kronis dengan tingginya kadar gula darah yang berkelanjutan. Obesitas menjadi salah satu faktor risiko yang memperburuk kontrol kadar gula darah. Penelitian menunjukkan bahwa penurunan indeks massa tubuh yang diperoleh melalui edukasi diet dapat disertai dengan perbaikan kadar gula darah.

Metodologi: Penelitian ini menggunakan desain pre-eksperimental *one group pretest-posttest*. Edukasi diet gizi seimbang diberikan kepada penderita DM tipe 2 dengan obesitas di Puskesmas Seginim. IMT dan kadar GDS dicatat sebelum dan sesudah edukasi. Pola makan diamati menggunakan *food record* dan *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ). Analisis data dilakukan dengan uji *Wilcoxon* dan *korelasi Spearman*.

Hasil: Hasil penelitian menunjukkan penurunan rerata IMT dari 27,41 kg/m² menjadi 26,84 kg/m² ($p = 0,031$) dan penurunan rerata kadar GDS dari 257,52 mg/dL menjadi 192,55 mg/dL ($p < 0,001$) setelah edukasi diet gizi seimbang. Meskipun terjadi penurunan signifikan, tidak terdapat hubungan signifikan antara penurunan IMT dan perubahan GDS ($p = 0,229$).

Simpulan: Edukasi diet gizi seimbang efektif menurunkan IMT dan kadar GDS pada penderita DM tipe 2 dengan obesitas. Namun, tidak ditemukan hubungan signifikan antara keduanya. Dalam Islam, penurunan IMT merupakan bentuk ikhtiar menjaga kesehatan sebagai amanah Allah SWT.

Kata Kunci: Diabetes melitus, Obesitas, Edukasi, Gula darah sewaktu

ABSTRACT

Name : Farah Alzena Gyda
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Title : The Correlation Between Body Mass Index Reduction and Blood Glucose Levels in Patients with Type 2 Diabetes Mellitus and Obesity at Seginim Public Health Center South Bengkulu Based on Islamic Perspective (Through Balanced Nutrition Diet Education)

Background: *Diabetes mellitus is a chronic metabolic disorder characterized by persistently elevated blood glucose levels. Obesity is the risk factors that worsens blood glucose control. Studies show that a reducing body mass index through dietary education may accompanied by improvements in blood glucose levels.*

Methodology: *This study employed a pre-experimental one-group pretest-posttest design. Balanced diet education was given to type 2 diabetes mellitus patients with obesity at Seginim Public Health Center. BMI and random blood glucose levels were recorded before and after the education. Dietary patterns were assessed using food records and Semi Quantitative Food Frequency Questionnaire (SQ-FFQ). Data analysis was performed using the Wilcoxon test and Spearman correlation.*

Results: *The results showed a decrease in mean BMI from 27.41 kg/m² to 26.84 kg/m² ($p = 0.031$) and a decrease in mean random blood glucose from 257.52 mg/dL to 192.55 mg/dL ($p < 0.001$) after balanced diet education. Although there was a significant decrease, no significant correlation was found between BMI reduction and changes in random blood glucose ($p = 0.229$).*

Conclusion: *One month of balanced diet education was effective in reducing BMI and random blood glucose levels in type 2 diabetes mellitus patients with obesity. However, no significant correlation was found between the two. In Islam, reducing BMI is considered an effort to maintain health as a trust from Allah SWT.*

Keywords: *Diabetes mellitus, Obesity, Education, Random blood glucose*