

ABSTRAK

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Program Studi : Kedokteran Umum

Judul Skripsi : Hubungan Kadar Glukosa Darah dengan Derajat Hipertensi pada Pasien Diabetes Melitus Tipe 2 di Rumah Sakit Umum Daerah Koja
Periode Januari–Desember 2024 dan Tinjauannya Menurut Pandangan Islam

Latar Belakang: Diabetes Melitus Tipe 2 (DMT2) merupakan penyakit metabolik kronis dengan prevalensi yang terus meningkat dan sering disertai komplikasi, salah satunya hipertensi, yang berkontribusi terhadap tingginya morbiditas dan mortalitas. Namun, data mengenai hubungan kadar glukosa darah dengan derajat hipertensi pada pasien DMT2 di Indonesia masih terbatas. Penelitian ini bertujuan untuk mengetahui hubungan antara kadar glukosa darah sewaktu (GDS) dan HbA1c dengan derajat hipertensi pada pasien DMT2 serta meninjaunya dari perspektif Maqasid Al-Syariah.

Metodologi: Penelitian ini merupakan studi observasional analitik dengan desain potong lintang (*cross-sectional*) menggunakan data sekunder rekam medis pasien DMT2 di RSUD Koja periode Januari–Desember 2024. Sampel berjumlah 90 pasien yang memenuhi kriteria inklusi dan eksklusi. Variabel yang diteliti meliputi kadar GDS, HbA1c, dan derajat hipertensi. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square.

Hasil: Hasil penelitian menunjukkan bahwa sebagian besar pasien memiliki kadar GDS ≥ 200 mg/dL (65,6%) dan HbA1c $\geq 6,5\%$ (82,2%). Mayoritas pasien berada pada kategori hipertensi derajat II (74,5%). Analisis bivariat menunjukkan bahwa hubungan antara kadar GDS dan HbA1c dengan derajat hipertensi tidak bermakna secara statistik ($p > 0,05$), meskipun terdapat kecenderungan peningkatan derajat hipertensi seiring dengan meningkatnya kadar glukosa darah.

Kesimpulan: Disimpulkan bahwa tidak terdapat hubungan signifikan antara kadar glukosa darah dan derajat hipertensi pada pasien DMT2, namun pengendalian glikemik tetap penting dalam pencegahan komplikasi. Dalam perspektif Maqasid Al-Syariah, pengendalian glukosa darah merupakan upaya menjaga jiwa, akal, harta, dan agama. Penelitian selanjutnya disarankan menggunakan sampel yang lebih besar dan analisis multivariat untuk memperoleh hasil yang lebih komprehensif.

Kata Kunci: Diabetes Melitus Tipe 2, Glukosa Darah

ABSTRACT

Name : Ragil Keyzsa

Study Program: Medicine

Title : Association Between Blood Glucose Levels and Hypertension Grade in Patients with Type 2 Diabetes Melitus at Koja District General Hospital, January–December 2024 and Its Review from an Islamic Perspective

Background: *Type 2 Diabetes Mellitus (T2DM) is a chronic metabolic disease with increasing prevalence and often accompanied by complications, one of which is hypertension, which contributes to high morbidity and mortality. Hyperglycemia and insulin resistance play a role in the occurrence of vascular disorders that can worsen the degree of hypertension. However, data on the relationship between blood glucose levels and the degree of hypertension in T2DM patients in Indonesia is still limited. This study aims to determine the relationship between random blood glucose (GDS) and HbA1c levels with the degree of hypertension in T2DM patients and to examine it from the perspective of Maqasid Al-Syariah.*

Methodology: *This study is an observational analytical study with a cross-sectional design using secondary data from the medical records of T2DM patients at Koja Regional Hospital for the period January–December 2024. A sample of 90 patients who met the inclusion and exclusion criteria. The variables studied included GDS levels, HbA1c, and the degree of hypertension. Data analysis was performed univariately and bivariate using the Chi-Square test.*

Results: *The results showed that most patients had GDS levels ≥ 200 mg/dL (65.6%) and HbA1c $\geq 6.5\%$ (82.2%). The majority of patients were in the category of stage II hypertension (74.5%). Bivariate analysis showed that the relationship between GDS and HbA1c levels with the degree of hypertension was not statistically significant ($p > 0.05$), although there was a tendency for the degree of hypertension to increase along with increasing blood glucose levels.*

Conclusion: *It was concluded that there was no significant relationship between blood glucose levels and the degree of hypertension in T2DM patients, but glycemic control remains important in preventing complications. From the perspective of Maqasid Al-Syariah, blood sugar control is an effort to protect life, mind, property, and religion. Further research is recommended using a larger sample and multivariate analysis to obtain more comprehensive results.*

Keywords: *Diabetes Melitus Type 2, Blood Glucose*