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UNIVERSITAS AISYIYAH PALEMBANG

STUDI D3 KEPERAWATAN

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**Relationship between Meal Patterns and Blood Sugar Levels in Patients with
Diabetes Mellitus at Ar Rasyid Islamic Hospital, Palembang City**

(xv + 90 halaman + 9 tabel + 15 lampiran + 7gambar)

ABSTRAK

Latar Belakang: Prevalensi penderita diabetes melitus terus meningkat secara global. Di Indonesia, IDF memperkirakan terdapat 20,4 juta penderita diabetes pada tahun 2024, yang menempatkan Indonesia di posisi kelima dunia, dan diperkirakan meningkat menjadi 28,6 juta pada 2050. **Tujuan:** Untuk mengetahui hubungan pola makan terhadap kadar gula darah pada pasien diabetes melitus di Rumah Sakit Islam Ar Rasyid Palembang tahun 2026. **Metode:** Menggunakan pendekatan kuantitatif dengan desain survei analitik dan rancangan *cross-sectional*. Sampel berjumlah 32 pasien diabetes melitus yang dipilih dengan teknik *accidental sampling*. Pengumpulan data pola makan menggunakan kuesioner, kadar gula darah ditentukan melalui pemeriksaan glukosa darah. Analisis hubungan variabel dilakukan menggunakan uji Chi-Square dengan tingkat kemaknaan 0,05. **Hasil:** Sebanyak 27 responden (84,4%) berada dalam kategori patuh terhadap pola makan, sedangkan 5 responden (15,6%) termasuk kategori tidak patuh. Kadar gula darah normal ditemukan pada 27 responden (84,4%), sedangkan kadar gula darah tinggi ditemukan pada 5 responden (15,6%). Hasil uji Chi-Square menunjukkan *p-value* sebesar 0,001 ($<0,05$). **Saran:** Diharapkan dapat meningkatkan edukasi mengenai kepatuhan pola makan dan pengendalian kadar gula darah melalui edukasi langsung maupun media.

Kata kunci: *diabetes melitus, kadar gula darah, kepatuhan diet, pola makan*

Daftar Pustaka: 29 (2017-2024)

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**Hubungan Pola Makan Terhadap Kadar Gula Darah Pada Pasien Dengan
Diabetes Melitus Di Rumah Sakit Islam Ar Rasyid Kota Palembang**

(xv+ 98 pages + 9 tables + 15 aependices+ 7 picture)

ABSTRCAK

Background: The prevalence of diabetes mellitus continues to rise globally. In Indonesia, the IDF estimates there were 20.4 million people with diabetes in 2024 placing the country fifth world wide with a projected increase to 28.6 million by 2050. **Objective:** To determine the relationship between dietary patterns and blood sugar levels in patients with diabetes mellitus at Ar Rasyid Islamic Hospital, Palembang, in 2026. **Methods:** A quantitative approach was employed using an analytical survey design and a cross-sectional study framework. The sample consisted of 32 patients with diabetes mellitus selected via accidental sampling. Dietary patterns were assessed using a questionnaire, while blood sugar levels were determined through blood glucose testing. Variable relationship analysis was conducted using the Chi-Square test with a significance level of 0.05. **Results:** Twenty-seven respondents (84.4%) fell into the dietary adherence category, while five respondents (15.6%) were classified as non-adherent. Normal blood sugar levels were observed in 27 respondents (84.4%), whereas high blood sugar levels were found in five respondents (15.6%). The Chi-Square test yielded a p-value of 0.001 (<0.05). **Sugestion:** It is recommended that enhance education regarding dietary adherence and blood sugar control through direct instruction and the use of leaflets.

Keywords: *blood sugar levels, diabetes mellitus, dietary adherence, dietary patterns*

Bibliography : 29 (2016-2026)