ABSTRAK

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KORELASI KADAR HbA1c DENGAN RASIO TRIGLISERIDA *HIGH DENSITY LIPOPROTEIN* (TG / HDL) PADA PENDERITA DIABETES MELITUS TIPE 2 KELOMPOK PROGRAM PENGELOLAAN PENYAKIT KRONIS (PROLANIS)

1x + 57 Halaman + 11 Tabel + 6 Gambar +7 Lampiran

Diabetes melitus (DM) merupakan kumpulan gangguan metabolik kronik yang disertai defisiensi produksi insulin serta. Indonesia termasuk 10 negara dengan jumlah penderita DM tertinggi. HbA1c merupakan standar emas kontrol glikemik yang mencerminkan rata-rata glukosa darah pada pasien di atas kurang lebih 3 bulan. Penderita diabetes melitus tipe 2 (DMT2) dengan kadar HbA1c yang rendah mempunyai rasio TG/HDL sekitar 3-4 kali lebih rendah. Penelitian memiliki tujuan untuk mengetahui korelasi antara kadar HbA1c dengan rasio TG/HDL pada penderita DMT2 kelompok Prolanis. Metode yang digunakan adalah *observational analytical* dengan pendekatan *cross-sectional*. Penelitian dilakukan pada bulan Desember 2023-April 2024 dengan jumlah sampel sebanyak 50 penderita DMT2 kelompok Prolanis pada Faskes pertama wilayah Kabupaten Bangkalan. Pemeriksaan dilakukan di Farmalab, HbA1c diperiksa menggunakan alat Wondfo FIA meter plus FS 113, sedangkan TG dan HDL diperiksa menggunakan alat fotometer microlab 300. Hasil yang diperoleh dianalisis dengan uji korelasi *Spearman*. Pada penelitian ini diketahui 100% penderita DMT2 kelompok Prolanis memiliki kadar HbA1c diatas nilai normal, dari 100% tersebut terdapat 40% penderita memiliki rasio TG/HDL diatas nilai normal, 32% penderita memiliki Rasio TG/HDL normal, dan 28% penderita memiliki rasio TG/HDL dibawah nilai normal. Berdasarkan uji korelasi, diperoleh hasil nilai $p < 0,05$ ($p = 0.043$), artinya terdapat korelasi antara kadar HbA1c dengan rasio TG/HDL.

Kata kunci: DMT2, Kadar HbA1c, Rasio TG/HDL

ABSTRACT

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THE CORRELATION BETWEEN HBA1C LEVELS AND TRIGLYCERIDE TO HIGH-DENSITY LIPOPROTEIN (TG/HDL) RATIO IN PATIENTS WITH TYPE 2 DIABETES MELLITUS IN THE CHRONIC DISEASE MANAGEMENT PROGRAM (PROLANIS) GROUP

1x + 57 Pages + 11 Tables + 6 Pictures + 7 Appendices

Diabetes mellitus (DM) is a group of chronic metabolic disorder characterized by insulin production deficiency and hyperglycemia. Indonesia is among the 10 countries with the highest number of DM patients. HbA1c is considered the most reliable measure for assessing glycemic control, providing an average blood glucose level in patients over a period of about three months. Type 2 DM (T2DM) Patients with low HbA1c levels have a TG/HDL ratio that is roughly 3-4 times lower. This study aims to determine the correlation between HbA1c levels and TG/HDL ratio in T2DM patients in the Prolanis group.The method used was analytical observational with a cross sectional approach. This research was conduct in December 2023-April 2024 and the number of sample was 50 patients with T2DM in the Prolanis group at the first health facility in Bangkalan Regency. The examination was carried out at Farmalab, HbA1c was examined using the Wondfo FIA meter plus FS 113, TG and HDL were examined using a microlab 300 photometer. The result were analyzed using the Spearman correlation test. In this study is known that 100% of patients with T2DM in the Prolanis group have HbA1c levels above normal values, of these 100% there are 40% patients have TG/HDL ratios above normal values, 32% patients have normal TG/HDL ratios, and 28% patients have TG/HDL ratios below normal values. The correlation test, showing the results of the p value <0.05 ($p = 0.043$), its mean there was a correlation between TG/HDL ratio with HbA1c levels.

Keyword : HbA1c level, TG/HDL ratio, T2DM