

ABSTRAK

HUBUNGAN KADAR GULA DARAH PUASA DENGAN KADAR KOLESTEROL *LOW DENSITY LIPOPROTEIN* (LDL) PADA PENDERITA DIABETES MELITUS TIPE II DI RSUD HAJI PROVINSI JAWA TIMUR

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Latar Belakang: Diabetes Melitus tipe II yakni keadaan kadar gula didalam tubuh tidak terkendali. **Tujuan Penelitian:** Penelitian bertujuan sebagai pengetahuan bagaimana keterkaitan kadaran gula darah puasa terhadap kadaran kolesterol LDL pada penderita Diabetes Melitus tipe II. **Metode Penelitian:** Penelitian dengan jenis penelitian observasional analitik serta pendekatan *cross sectional*. Populasi penelitian yakni seseorang yang terkena Diabetes Melitus. **Hasil Penelitian:** 38 sampel mendapati hasil 24 sampel dengan kadar Gula Darah Puasa tinggi ≥ 126 mg/dl serta 11 sampel Kadar Gula Darah Puasa ≤ 126 mg/dl. 19 sampel dengan kadar kolesterol *Low Density Lipoprotein* (LDL) tinggi ≥ 130 mg/dl serta 16 sampel < 130 mg/dl. Data diperoleh 35 sampel Diabetes Melitus terdapat bentuk perhubungan tidak sejalur meskipun adanya hasil dari beberapa yang searah. Dari hasil didapatkan nilai hubungan *spearman* sebesar 0,733 dimana $\text{sig} > \alpha = 0,05$ dimana H_0 diterima dan H_1 ditolak sehingga tidak adanya keterkaitan antara Kadar Gula Darah Puasa terhadap Kadaran Kolesterol *Low Density Lipoprotein* (LDL).

Kesimpulan: Tidak terdapat hubungan yang kuat dari kadar gula darah puasa dan kadar kolesterol *low density lipoprotein* (LDL).

Kata Kunci: Gula Darah Puasa, Kolesterol (LDL), Diabetes Melitus Tipe 2.

ABSTRACT
RELATIONSHIP OF FASTING BLOOD SUGAR LEVELS AND LOW DENSITY LIPOPROTEIN (LDL) COLESTEROL LEVELS IN TYPE II DIABETES MELLITUS PATIENTS AT THE HAJI HOSPITAL, EAST JAVA PROVINCE

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Background: Type II diabetes mellitus is a condition where sugar levels in the body are uncontrolled. **Research Objectives:** The research aims to find out how fasting blood sugar levels are related to LDL cholesterol levels in people with type II diabetes mellitus. **Research Method:** This type of research analytical observasional research and a cross sectional approach. The research population was Diabetes Mellitus sufferers. **Research Results:** 38 samples found 24 samples with high fasting blood sugar levels ≥ 126 mg/dl and 11 samples with fasting blood sugar levels ≤ 126 mg/dl. 19 samples with high Low Density Lipoprotein (LDL) cholesterol levels ≥ 130 mg/dl and 16 samples < 130 mg/dl. Data obtained from 35 Diabetes Mellitus samples showed that the relationship was not in the same direction, although the results from some were in the same direction. From the results, the Spearman relationship value was 0.733, which means the sig value was $> \alpha = 0.05$, where H_0 was accepted and H_1 was rejected, so there was no relationship between fasting blood sugar levels and low density lipoprotein (LDL) cholesterol levels. **Conclusion:** There is no strong relationship between fasting blood sugar levels and low density lipoprotein (LDL) cholesterol levels.

Keywords: Fasting Blood Sugar, Cholesterol LDL, Type 2 Diabetes Mellitus.