

ABSTRAK

HUBUNGAN STRES DENGAN KADAR GULA DARAH PADA PENDERITA DIABETES MELLITUS DI PUSKESMAS BULAK BANTENG SURABAYA

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Latar Belakang : Diabetes Mellitus (DM) merupakan salah satu penyakit kronis penyebab kematian tertinggi di Indonesia. Salah satu penyebab diabetes mellitus adalah stress. Stres dapat terjadi apabila seseorang mengalami suatu tuntutan yang dirasakan terlalu berat dibanding situasi sebelum itu. Tujuan penelitian ini untuk menganalisis hubungan antara stres dengan kadar gula darah puasa pada penderita diabetes mellitus di Puskesmas Bulak Banteng Surabaya.

Metode : Desain penelitian analitik korelasi dengan pendekatan cross sectional. Teknik pengambilan purposive sampling dengan besar sampel 42 penderita diabetes mellitus. Variabel independen stres dan variabel dependen kadar gula darah. Pengumpulan data menggunakan kuesioner PSS 10 serta dianalisis menggunakan Uji Korelasi Pearson.

Hasil : Terdapat 22 penderita (52%) diabetes mellitus yang mengalami stress $>23,36$ (Mean). Terdapat 16 penderita (38%) diabetes mellitus yang memiliki kadar gula darah $> 220,05$ (Mean). Dari data menunjukkan bahwa terdapat hubungan stres dengan kadar gula darah (nilai Sig. = 0,000 dan $r = 0.825$) sehingga semakin tinggi stress yang dialami penderita diabetes akan memicu peningkatan pada kadar gula darah pada penderita diabetes mellitus di wilayah Puskesmas Bulak Banteng Surabaya.

Kesimpulan: Dari hasil penelitian dapat disimpulkan bahwa terdapat hubungan antara stres dengan kadar gula darah pada pasien diabetes mellitus di Wilayah Puskesmas Bulak Banteng Surabaya.

Kata kunci : stress, kadar gula darah, diabetes mellitus

ABSTRACT

THE RELATIONSHIP BETWEEN STRESS AND BLOOD SUGAR LEVELS IN DIABETES MELLITUS PATIENTS AT PUSKESMAS BULAK BANTENG

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Background : Diabetes Mellitus (DM) is a chronic disease that causes the highest death in Indonesia. One of the causes of diabetes mellitus is stress. Stress can occur when a person experiences a burden that is felt to be too heavy compared to the previous situation. The purpose of this study was to analyze the relationship between stress and fasting blood sugar levels in people with diabetes mellitus at Bulak Banteng Health Center, Surabaya.

Methods : Correlation analytic research design with a cross sectional approach. Purposive sampling technique with a sample size of 42 people with diabetes mellitus. Independent stress variable and dependent blood sugar level variable. Data collection used the PSS 10 questionnaire and was analyzed using the Pearson Correlation Test.

Results : There were 22 patients (52%) with diabetes mellitus who experienced stress > 23.36 (Mean). There were 16 patients (38%) with diabetes mellitus who had blood sugar levels > 220.05 (Mean). The data shows that there is a relationship between stress and blood sugar levels (Sig. value = 0.000 and $r = 0.825$) so that the higher the stress experienced by diabetics will cause an increase in blood sugar levels in people with diabetes mellitus in the Bulak Banteng Health Center, Surabaya.

Conclusion: From the results of the study it can be concluded that there is a relationship between stress and blood sugar levels in diabetes mellitus patients in the Bulak Banteng Health Center, Surabaya.

Keywords: stress, blood sugar levels, diabetes mellitus