

STUDI PEGETAHUAN, SIKAP, DAN PRAKTIK PENGENDALIAN DIABETES
MELITUS PADA PASIEN DIABETES MELITUS DI POLIKLINIK PENYAKIT DALAM
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diabetes melitus adalah suatu penyakit gangguan metabolisme pada karbohidrat, lemak, dan protein akibat defisiensi insulin atau sekresi insulin. DM merupakan penyakit non menular dan herediter (ada faktor keturunan) dan juga tidak bisa disembuhkan hanya bisa dikendalikan. Pengendalian DM dengan cara perencanaan makan, keteraturan berolahraga, keteraturan cek gula darah, dan perawatan kaki. Untuk itu pasien DM harus mempunyai pengetahuan, sikap, dan praktik mengenai pengendalian DM. Dalam penelitian ini digunakan pendekatan/metode *Cross sectional* studi yakni peneliti mengadakan observasi satu kali penelitian saja, sedangkan untuk menguji hubungan antara pengetahuan, sikap praktik pengendalian DM dengan kondisi DM (gula darah puasa dan gula darah dua jam setelah puasa) Peneliti menggunakan uji Chi kuadrat dengan tingkat signifikan sebesar 5% (0,05). Sampel diambil dari pasien yang berobat di Poliklinik Penyakit Dalam RSUD Cilacap yakni berjumlah 67 orang. Hasil penelitian menunjukkan tidak ada hubungan pengetahuan perencanaan makan, keteraturan berobat, keteraturan cek gula darah dengan kondisi gula darah puasa dan gula dua jam setelah puasa. Ada pengetahuan perawatan kaki dengan kondisi gula darah puasa. Tidak ada hubungan sikap perencanaan makan, sikap keteraturan berolahraga. sikap keteraturan berobat sikap keteraturan cek gula darah, dan sikap perwakondisi guladarah puasa dan guladarah dua jam setelah puasa. ada hubungan praktik perencanaan makan, praktik keteraturan berolahraga, praktik keteraturan berobat, praktik keteraturan cek gula darah dengan kondisi gula darah puasa dan gula darah dua jam setelah puasa. Tidak ada hubungan praktik perawatan kaki dengan kondisi gula darah puasa dan gula darah dua jam setelah puasa.

Diharapkan dengan mempunyai pengetahuan, sikap, dan praktik yang baik mengenai penendalian DM pasien DM mampu menontrol kadar gula darah menjadi normal atau setidaknya mendekati normal, adanya perasaan enak badan, dicegahnya komplikasi-komplikasi seperti: gangren, *chronic renal failure* (gagal ginjal), CHD (gagal jantung).

Kata Kunci: Diabetes melitus, Pengendalian diabetes melitus, kondisi diabetes melitus

Diabetes mellitus is a disease of metabolism trouble in carbohydrate, fat and protein as the effect of insulin deficiency and secretion. It is a non contagious and hereditary disease (genetic factor), cannot be cured and only can be controlled by planning the eating habits, doing exercise, taking medicine, checking sugar blood and also doing treatment on feet regularly. For all those activities above the patient of DM must have the knowledge, attitude and practice about DM controlling.

The target of this research is to find out the relation among knowledge, attitude and the practice on DM controlling with the condition of DM. In this research the researcher uses the method of Cross sectional study. The researcher uses the method of Cross sectional study. The researcher performs an observation only once, while in testing the relation among knowledge, attitude and the practice of DM controlling with the condition of DM (sugar blood while fasting and after two hours fasting) the researcher uses the test of Chi Square with the significant level equal to 5%. The samples were taken away from 67 patients who are taking medicine regularly in the polyclinic of internal disease Cilacap Public Hospital. The results show that there are no relation among the knowledge of eating planning, the regularity of doing exercise, taking medicine and sugar blood checking with the condition of sugar blood while fasting. There is a relation among the practice of eating planning, the practice of doing exercise regularly, taking medicine, and the practice of checking the sugar blood regularly with the condition while fasting and two hours after fasting. There are no relation between the practice of feet treatment with the condition of sugar blood while fasting and after two hours fasting. It is expected that by having a good knowledge, attitude and practice of DM controlling, the patients of DM can control the rate level of sugar blood to normal condition, or at least approaching the normal condition. The existence of feeling unwell and complication prevention such as: ulcer, Chronic renal failure and heart failure.

Keyword : *Diabetes mellitus, DM controlling, Condition Of DM.*