

## **Abstrak**

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Hubungan perilaku pola makan dengan kadar gula darah pada lansia penderita Diabetes Militus di Puskesmas Andongsari Kecamatan Ambulu Kabupaten Jember.

Xiv + 61 halaman + 7 tabel + 16 lampiran

### **Abstrak**

Perilaku pola makan adalah suatu ketepatan dan keteraturan pasien dalam penatalaksanaan jumlah, jenis, dan jadwal makan. Kadar gula darah adalah bahan bakar tubuh yang dibutuhkan untuk kerja otak, sistem saraf dan jaringan tubuh lainnya. Tujuan penelitian ini untuk mengetahui hubungan perilaku pola makan dengan kadar gula darah pada lansia penderita diabetes militus di Puskesmas Andongsari Kecamatan Ambulu. Desain penelitian yang digunakan adalah korelasi dengan pendekatan *Retrospektif*. Populasi penelitian ini adalah lansia di Puskesmas Andongsari sebanyak 89 lansia, sampel yang diambil 73 responden dengan teknik pengambilan sampel menggunakan rumus *Slovin*. Teknik pengumpulan data menggunakan kuesioner, Analisa statistik menggunakan *uji spearman rho'* di dapatkan nilai ( $p\text{-value} = 0,000$ ,  $\alpha = 0,05$ , nilai  $r = 0,968$ ) yang berarti ada hubungan yang sangat kuat antara perilaku pola makan dengan kadar gula darah pada lansia di Puskesmas Andongsari Kecamatan Ambulu. Penelitian ini direkomendasikan kepada tenaga kesehatan khususnya keperawatan komunitas untuk mensosialisasikan kepada penderita diabetes militus tentang pentingnya menjaga pola makan pada saat memberikan bimbingan diet diabetes.

Kata kunci: Perilaku pola makan, Gula darah pada lansia penderita diabetes militus

Daftar Pustaka 28 (2006-20014)

## **Abstract**

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The Association between Eating Pattern Behavior with Blood Glucose Level in Elderly with Diabetes Mellitus in The Area of Andongsari Primary Health Center in Ambulu sub-district in Jember Regency

Xiv + 61 page + 7 table + 16 attachmen

### **Abstract**

Eating pattern behavior is patients' accuracy and regularity during implementing the number, type, and meal schedule. Blood glucose level is body's fuel which is needed for the works of brain, nerve system, and the other body tissues. The purpose of this research is to identify the association between eating pattern behavior with blood glucose level in elderly with diabetes mellitus in the area of Andongsari primary health center in Ambulu sub-district in Jember regency. Research design that is used is correlation by using retrospective approach. Population of this research is all elderly who currently live in the area of Andongsari Primary health center as many as 89 elderly people, with the sample of research is 73 respondents. Sampling technique which is used in this research is Slovin Formula. Collecting data process uses questionnaire, while statistics analysis uses *Spearman Rho* (p value 0,000,  $\alpha = 0,05$ , r correlation 0,968) which means there is strong association between eating pattern behavior with blood glucose level in elderly with diabetes mellitus in the area of Andongsari primary health center in Ambulu sub-district. This research is recommended for health practitioners especially community health nursing to disseminate information to people with diabetes mellitus about the importance of maintaining eating pattern especially at the time of providing guidance related to diabetes mellitus.

Keywords: Eating pattern behavior, Blood glucose level in Elderly with diabetes mellitus

Bibliography 28 (2006-2014).