

**PROGRAM STUDI S1 KEPERAWATAN, FAKULTAS KEPERAWATAN
INSITUT KESEHATAN PAYUNG NEGERI PEKANABARU**

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**Hubungan Gaya Hidup Dengan Terjadinya Komplikasi Neuropati Pada
Penderita Diabetes Mellitus Dipuskesmas Simpang Tiga Kota Pekanbaru**

xii+58 Halaman +10 Tabel+ 1 Skema+13Lampiran

ABSTRAK

Gaya hidup merupakan cara atau pola hidup yang dijalani seseorang atau kelompok, meliputi aktivitas sehari-hari, kebiasaan makan, aktivitas fisik, dan nilai-nilai kehidupan; apabila gaya hidup penderita diabetes melitus tidak dijaga akan menyebabkan peningkatan kadar gula dalam darah yang beresiko menimbulkan komplikasi, seperti neuropati diabetik. Tujuan penelitian ini adalah untuk mengetahui hubungan gaya hidup dengan terjadinya komplikasi neuropati pada penderita diabetes melitus di Puskesmas Simpang Tiga Kota Pekanbaru. Penelitian ini merupakan penelitian kuantitatif dengan desain penelitian yang digunakan adalah desain korelasional dengan pendekatan cross sectional study dengan teknik purposive sampling. Penelitian ini dilaksanakan pada tanggal 6 – 24 Mei 2024. Jumlah responden sebanyak 135 orang. Instrumen penelitian berupa kuesioner Gaya Hidup dan Kuesioner Komplikasi Neuropati. Hasil penelitian menunjukkan pola hidup sehat sebanyak 75 orang (55,6%), komplikasi ringan sebanyak 41 responden (10,4%), komplikasi sedang sebanyak 17 responden (12,6%), dan komplikasi berat sebanyak 77 responden (57%). Hasil uji statistik chi square diperoleh nilai p value $0,001 < \alpha (0,05)$, signifikan H_0 ditolak yang artinya ada hubungan antara gaya hidup dengan kejadian komplikasi neuropati pada penderita diabetes melitus di Puskesmas Simpang Tiga Kota Pekanbaru. Saran peneliti menyarankan agar peneliti selanjutnya melakukan penelitian pada variabel lain yang berhubungan dengan DM.

Kata kunci:KomplikasiNeuropati,Gayahidup,DiabetesMellitus.
DaftarPustaka: 32 Referensi (2019-2024)

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The Relationship between Lifestyle and the Occurrence of Neuropathy Complications in Diabetes Mellitus Patients at the Simpang Tiga Health Center, Pekanbaru City

xv+58 Pages +10 Tables+1 Scheme +14 Attachments

ABSTRACT

Lifestyle is the way or pattern of life that a person or group lives, including daily activities, eating habits, physical activity, and life values; If the lifestyle of diabetes mellitus sufferers is not maintained, it will cause an increase in blood sugar levels which is at risk of complications, such as diabetic neuropathy. The aim of this research is to determine the relationship between lifestyle and the occurrence of neuropathy complications in diabetes mellitus sufferers at the Simpang Tiga Health Center, Pekanbaru City. This research is a quantitative study with the research design used is a correlation design using a cross sectional study approach with a purposive sampling technique. This research was conducted on 6 – 24 May 2024. The number of respondents was 135 people. The research instruments were a Lifestyle questionnaire and a Neuropathy Complications Questionnaire. The research results showed that 75 people (55.6) had a healthy lifestyle, 41 respondents (10.4%) had mild complications, 17 respondents (12.6%) had moderate complications, 77 respondents (57%) had severe complications. The chi square statistical test results obtained p value $0.001 < \alpha$ (0.05), significant H_0 was rejected, which means there is a relationship between lifestyle and the occurrence of neuropathy complications in diabetes mellitus sufferers at the Simpang Tiga Health Center, Pekanbaru City. The researcher's recommendations suggest that future researchers conduct research on other variables related to DM

Keywords: Neuropathy Complications, Lifestyle, Diabetes Mellitus.
Bibliography: 32 References (2019-2024)

DAFTAR ISI