

PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Skripsi , Juli 2024

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**HUBUNGAN TINGKAT STRES DENGAN KADAR GULA DARAH
PADA PENDERITA DIABETES MELLITUS DI PUSKERSMAS GARUDA
KOTA PEKANBARU**

Xiv + 51 Halaman + 14 Tabel + 12 Lampiran

ABSTRAK

Diabetes mellitus (DM) merupakan suatu kelainan metabolik tidak menular yang bersifat kronis dimana terjadi gangguan kerja, sekresi, atau kedua-duanya insulin. Penderita diabetes mellitus dapat mengalami gangguan dalam pengontrolan gula darah karena stress dapat menyebabkan produksi berlebih hormon kortisol, yang dapat melawan efek insulin dan dapat menyebabkan kadar gula darah meningkat. Tujuan penelitian ini untuk mengetahui hubungan tingkat stress dengan kadar gula darah pada penderita diabetes mellitus di puskesmas garuda kota pekanbaru dilakukan pada tanggal 30 Mei 2024 sampai 12 Juni 2024. Jenis penelitian ini adalah kuantitatif dengan desain korelasi menggunakan pendekatan *cross sectional*, populasi penelitian ini adalah pasien diabetes mellitus dengan jumlah sampel 42 responden dengan teknik sampling dengan menggunakan instrumen penelitian lembar observasi, lembar kuesioner PSS untuk menilai tingkat stress dan glucometer untuk menilai kadar gula darah. Analisis yang digunakan yaitu uji statistic *Chi-Square*. Hasil penelitian yang dilakukan didapatkan responden memiliki umur 46-55 tahun sebanyak 30 orang (71,4%), jenis kelamin perempuan sebanyak 31 orang (73,8%), pendidikan terakhir SMA sebanyak 20 orang (47,6%), pekerjaan IRT sebanyak 17 orang (40,5%), lama menderita diabetes mellitus 1-5 tahun sebanyak 34 orang (81,0%), tingkat stress pada pasien diabetes mellitus memiliki tingkat stress berat sebanyak 22 orang (52,4%), kadar gula darah pada pasien diabetes mellitus yang memiliki kadar gula darah diabetes sebanyak 36 orang (85,7%). Hasil uji statistic didapatkan p value $0,018 < 0,05$ dengan demikian H_a diterima dan H_o ditolak yang artinya terdapat hubungan tingkat stress dengan kadar gula darah pada penderita diabetes mellitus di puskesmas garuda kota pekanbaru. Rekomendasi pada peneliti selanjutnya untuk melakukan penelitian dengan menambahkan cara untuk mengurangi tingkat stress.

Kata kunci : Diabetes Melitus, Tingkat stress, Kadar Gula Darah

Daftar Pustaka: 51 Referensi (2019 - 2024)

BACHELOR IN NURSING STUDY PROGRAM
NURSING OF FACULTY
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Thesis, July 2024

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**THE RELATIONSHIP OF STRESS LEVEL AND BLOOD SUGAR LEVELS
IN DIABETES MELLITUS PATIENTS AT THE GARUDA CITY HEALTH
CENTER, PEKANBARU CITY**

XIV + 51 Pages + 14 Tables + 12 Attachmensts

ABSTRACT

Diabetes mellitus (DM) is a chronic, non-infectious metabolic disorder in which insulin action, secretion, or both occurs. Diabetes mellitus sufferers can experience problems in controlling blood sugar because stress can cause excess production of the hormone cortisol, which can oppose the effects of insulin and can cause blood sugar levels to increase. The aim of this research is to determine the relationship between stress levels and blood sugar levels in diabetes mellitus sufferers at the Garuda Health Center, Pekanbaru City, carried out from 30 May 2024 to 12 June 2024. This type of research is quantitative with a correlation design using a cross-sectional approach, the population of this study is patients diabetes mellitus with a sample size of 42 respondents with a sampling technique using research instruments observation sheets, PSS questionnaire sheets to assess stress levels and a glucometer to assess blood sugar levels. The analysis used is the Chi-Square statistical test. The results of the research conducted showed that 30 respondents were aged 46-55 years (71.4%), 31 people were female (73.8%), 20 people had a high school education (47.6%), and were housewives. as many as 17 people (40.5%), the duration of suffering from diabetes mellitus was 1-5 years as many as 34 people (81.0%), the stress level in diabetes mellitus patients had a severe stress level as many as 22 people (52.4%), blood sugar levels blood in diabetes mellitus patients who had diabetic blood sugar levels were 36 people (85.7%). The statistical test results showed that the p value was $0.018 < 0.05$, thus H_a was accepted and H_o was rejected, which means that there was a relationship between stress levels and blood sugar levels in diabetes mellitus sufferers at the Garuda Health Center, Pekanbaru City. Recommendations for future researchers to conduct research by adding ways to reduce stress levels.

Keywords : Diabetes Mellitus, Stress Levels, Blood Sugar Levels

Bibliography : 51 References (2019 – 2024)