

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT PAYUNG NEGERI PEKANBARU**

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**Gambaran Indeks Massa Tubuh pada penderita Diabetes Melitus tipe 2 di
Puskesmas Bagan Punak Rokan Hilir**

xiii + 56 halaman + 4 tabel + 6 lampiran

ABSTRAK

Prevalensi Diabetes Melitus (DM) di Rokan Hilir terus meningkat dalam beberapa tahun terakhir. Tingginya angka penderita DM di Rokan Hilir dipengaruhi oleh berbagai faktor risiko, seperti umur, jenis kelamin, dan *Body Mass Index* (BMI) atau Indeks Massa Tubuh (IMT). Pencegahan dan pengendalian DM di Rokan Hilir menjadi prioritas utama. Upaya yang dilakukan meliputi peningkatan kesadaran masyarakat tentang bahaya DM, promosi gaya hidup sehat, serta penyediaan akses yang lebih baik terhadap layanan kesehatan (Kemenkes, 2023). Tujuan penelitian untuk mengetahui Gambaran Indeks Massa Tubuh pada penderita diabetes melitus tipe 2 di Puskesmas Bagan Punak Kabupaten Rokan Hilir. Penelitian ini merupakan penelitian kuantitatif dengan desain deskriptif. Sampel dalam penelitian sebanyak 115 orang yang ditentukan dengan teknik *non probability sampling*. Hasil penelitian menunjukkan bahwa usia hampir seluruhnya (97,6%) berada pada rentang 45-59 (pra lansia) sebanyak 69 orang, lebih dari separuhnya (74.78%) berjenis kelamin perempuan yaitu 86 orang, untuk pendidikan lebih banyak Sekolah Dasar (65.22%) yaitu 75 orang, didapatkan Obesitas tipe 1 sebanyak 35 responden (30.43%). Disimpulkan bahwa Indeks Massa Tubuh (IMT) memiliki nilai yang tinggi pada penderita Diabetes Melitus tipe 2.

Kata kunci: *Indeks Massa Tubuh; Diabetes Melitus Tipe 2; Obesitas*

Daftar bacaan : 18 (2012-2016)

**S1 NURSING STUDY PROGRAM FACULTY OF NURSING STATE
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**Description of Body Mass Index in Type 2 Diabetes Mellitus Patients at
Bagan Punak Health Center, Rokan Hilir**

xiii + 56 pages + 4 tables + 6 attachments

ABSTRACT

The prevalence of Diabetes Mellitus (DM) in Rokan Hilir has continued to increase in recent years. The high number of DM sufferers in Rokan Hilir is influenced by various risk factors, such as age, gender, and Body Mass Index (BMI). Prevention and control of DM in Rokan Hilir is a top priority. Efforts made include increasing public awareness of the dangers of DM, promoting a healthy lifestyle, and providing better access to health services (Ministry of Health, 2023). The purpose of the study was to determine the Body Mass Index in patients with type 2 diabetes mellitus at the Bagan Punak Health Center, Rokan Hilir Regency. This study is a quantitative study with a descriptive design. The sample in the study was 115 people who were determined using non-probability sampling techniques. The results of the study showed that almost all ages (97.6%) were in the range of 45-59 (pre-elderly) as many as 69 people, more than half (74.78%) were female, namely 86 people, for education more Elementary School (65.22%) namely 75 people, Obesity type 1 was obtained as many as 35 respondents (30.43%). It was concluded that the Body Mass Index (BMI) has a high value in patients with type 2 Diabetes Mellitus.

Keywords: Body Mass Index; Type 2 Diabetes Mellitus; Obesity

Reading list : 18 (2012-2016)