

ABSTRAK

Zena Jannatin Rosyati Wayoi (01071210228)¹, Tirta Darmawan Susanto²

1. Mahasiswa Fakultas Kedokteran Universitas Pelita Harapan
2. Staff Pengajar Fakultas Kedokteran Universitas Pelita Harapan

HUBUNGAN TINGKAT STRES PENDERITA DIABETES MELITUS DENGAN ASUPAN NUTRISI DI SILOAM HOSPITALS LIPPO VILLAGE GEDUNG B

Latar belakang : Diabetes Melitus (DM) tipe 2 merupakan penyakit kronis yang dapat dipengaruhi oleh berbagai faktor, termasuk tingkat stres yang dialami oleh penderita. Stres dapat memengaruhi pola makan dan kebiasaan nutrisi, yang pada gilirannya dapat memperburuk pengelolaan diabetes dan meningkatkan risiko komplikasi.

Tujuan Penelitian : Mengetahui hubungan tingkat stres dengan asupan nutrisi pada penderita diabetes melitus di Siloam Hospital Lippo Village Gedung B.

Metode Penelitian : Studi *Cross – sectional* (potong lintang) dengan menggunakan *Food Frequency Questionnaire* (FFQ) dan *Perceived Stress Scale* (PSS). Data diolah melalui metode analisis *chi-square*.

Hasil : Didapatkan 96 responden dengan persentase terbanyak berusia >55 tahun (89,6%), berjenis kelamin laki-laki (53,1%), dan dominan mengalami stres ringan (63,5%). Pada 68,8% responden dengan stres ringan mengonsumsi makanan pokok <rata-rata, sedangkan 58,3% ≥rata-rata. Beberapa diantaranya 66,7% responden dengan stres ringan mengonsumsi lauk pauk <rata-rata dan 60,8% ≥rata-rata. Di antara responden dengan stres ringan, 66% mengonsumsi minuman ≥rata-rata, sedangkan 61,2% < rata-rata. Sebanyak 66% responden dengan stres ringan mengonsumsi buah <rata-rata, sementara 60,9% ≥rata-rata. Hasil responden 50,8% dengan stres ringan mengonsumsi sayuran < rata-rata, sementara 49,1% ≥rata-rata.

Kesimpulan : Tidak ditemukan hubungan pada penderita diabetes melitus tipe 2 yang mengalami tingkat stres dengan frekuensi asupan nutrisi yang dikonsumsi.

Kata Kunci : Diabetes Melitus, Tingkat Stress, Asupan Nutrisi.

ABSTRACT

Zena Jannatin Rosyati Wayoi (01071210228)¹, Tirta Darmawan Susanto²

1. Student at the Faculty of Medicine, Pelita Harapan University
2. Teaching Staff at the Faculty of Medicine, Pelita Harapan University

THE RELATIONSHIP STRESS LEVEL OF DIABETES MELLITUS PATIENTS AND NUTRITION INTAKE AT SILOAM HOSPITALS LIPPO VILLAGE BUILDING B

Background : Diabetes Mellitus (DM) type 2 is a chronic disease that can be influenced by various factors, including the level of stress experienced by sufferers. Stress can affect diet and nutritional habits, which in turn can slow down diabetes recovery and increase the risk of complications.

Research Objectives : Knowing the relationship between stress levels and nutritional intake in diabetes mellitus patients at Siloam Hospital Lippo Village Building B.

Research Method : Cross-sectional study using Food Frequency Questionnaire (FFQ) and Perceived Stress Scale (PSS). Data were processed using the chi-square analysis method.

Results : There were 96 respondents with the highest percentage aged >55 years (89.6%), male (53.1%), and predominantly experiencing mild stress (63.5%). Among 68.8% of respondents with mild stress consumed food below average, while 58.3% above or equal to average. Some of them 66.7% of respondents with mild stress consumed side dishes below the average and 60.8% above or equal to the average. Among respondents with mild stress, 66% consumed drinks above or equal to the average, while 61.2% below the average. As many as 66% of respondents with mild stress consumed fruits below the average, while 60.9% above or equal to the average. The results of respondents 50,8% with mild stress consumed vegetables below the average, while 49.1% above or equal to the average.

Conclusion : There was no relationship found between type 2 diabetes mellitus sufferers who experienced stress levels and the frequency of nutritional intake consumed.

Keywords : Diabetes Mellitus, Stress Level, Nutritional Intake.