

# HUBUNGAN ANTARA KECEMASAN DENGAN KADAR GULA DARAH SEWAKTU PADA PASIEN DIABETES MELITUS TIPE-2DI PUSKESMAS KALASAN

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## INTISARI

**Latar belakang:** Diabetes melitus merupakan penyakit gangguan metabolisme kronis yang ditandai peningkatan glukosa darah. Penyebab meningkatnya kadar glukosa darah pada penderita diabetes adalah karena faktor psikologis yaitu kecemasan.

**Tujuan penelitian:** Mengetahui hubungan kecemasan dengan kadar glukosa darah penyandang diabetes mellitus tipe-2 dipuskesmas kalasan

**Metode:** Jenis penelitian adalah deskriptif korelatif dengan rancangan penelitian menggunakan pendekatan *Cross-sectional*. Penelitian ini dilakukan pada 48 penyandang diabetes mellitus tipe 2 yang didapatkan melalui teknik *purposive sampling*. Kriteria inklusi untuk menentukan sampel adalah penyandang diabetes mellitus tipe 2 yang bisa membaca, bersedia menjadi responden dan rutin berobat, sedangkan kriteria eksklusi adalah penyandang diabetes mellitus tipe 2 dengan keadaan kegawatdaruratantiba-tiba tidak sadar saat pengambilan data dan sedang dalam perawatan. Instrumen pengumpulan data yang digunakan adalah *Hamilton Rate Scale For Anxiety (HRS-A)* untuk mengukur tingkat kecemasan dan *Glukometer* untuk mengukur nilai gula darah. Uji yang digunakan untuk mengetahui hubungan antara kecemasan dengan gula darah sewaktu penyandang diabetes mellitus tipe 2 yaitu uji *Contingency Coefficien*.

**Hasil:** Hasil penelitian didapatkan bahwa pendang diabetes mellitus tipe 2 memiliki tingkat kecemasan sedang 35,4% dan nilai kadar gula dara sewaktu dalam kategori tinggi 75%. Hasil perhitungan uji statistik menggunakan uji *Contingency Coefficien* diperoleh  $p=0,000 (<0,05)$

**Kesimpulan:** Terdapat hubungan antara kecemasan dengan kadar gula darah sewaktu penyandang diabetes mellitus tipe-2 dipuskesmas kalasan

**Kata kunci:** Kecemasan, diabetes mellitus, kadar gula darah sewaktu

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# THE CORELATION BETWEEN ANXIETY WITH TIME BLOOD SUGAR LEVELS IN TYPE-2 DIABETES MELLITUS PATIENTS AT THE KALASAN PUBLIC HEALTH CENTER

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## ABSTRACT

**Background:** Diabetes mellitus was a chronic metabolic disorder characterized by an increase in blood glucose. The cause of increased blood glucose levels in diabetics was due to psychological factors, namely anxiety.

**Objective:** To determine the correlation between anxiety and blood glucose levels of people with type 2 diabetes mellitus at the Kalasan Public Health Center

**Method:** This type of research was descriptive correlative white a research design using a cross-sectional approach. This study was conducted on 48 people with type 2 diabetes mellitus obtained through purposive sampling technique. The inclusion criteria for determining the sample were people with type 2 diabetes mellitus who could read, were willing to become respondents and routinely sought treatment, while the exclusion criteria were people with type 2 diabetes mellitus with an emergency situation suddenly unconscious when collecting data and being treated. The data collection instruments used were the Hamilton Rate Scale For Anxiety (HRS-A) to measure anxiety levels and glucometer to measure blood sugar values. The test used to determine the relationship between anxiety and blood sugar during type 2 diabetes mellitus is the Contingency Coefficient test.

**Results:** The results showed that the type 2 diabetes mellitus sufferers had a moderate anxiety level of 35.4% with a high blood sugar level of 75%. The results of the calculation of statistical tests using the Contingency Coefficient test obtained  $p = 0.000 (<0.05)$

**Conclusion:** There was a correlation between anxiety and blood sugar levels when people with type 2 diabetes mellitus at the Kalasan health center

**Key words:** Anxiety, diabetes mellitus, blood sugar levels at any time

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