INTISARI

KORELASI ANTARA SKOR PENERIMAAN DIRI DAN PENANDA INFLAMASI PADA PENDERITA DIABETES MELITUS YANG TELAH MENCAPAI USIA HARAPAN HIDUP PROVINSI DIY

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Latar belakang: Populasi lansia meningkat pesat, dikarenakan peningkatan drastis usia harapan hidup. Provinsi DIY, meskipun mendapat peringkat termiskin di Pulau Jawa namun angka harapan hidupnya tertinggi (73.2 tahun dan 76.8 tahun pada laki-laki dan perempuan) serta menjadi provinsi yang bahagia. Stress menyebabkan ketidakseimbangan hormon dan inflamasi, mengakibatkan pemendekan telomer. Penerimaan diri yang baik berarti dapat merasa bahagia apapun kondisinya dan ini sejalan dengan *nrimo ing pandum* yang banyak dianut lansia DIY. Banyak faktor yang memengaruhi usia harapan hidup, namun penerimaan diri menjadi paling relevan pada lansia. Penelitian ini mencari tahu hubungan penerimaan diri dengan penanda inflamasi (NLR, PLR, MHR, dan CRP) pada penderita DM yang sudah melebihi usia harapan hidup di Yogyakarta

Metode: Penelitian potong lintang dilakukan pada Maret 2022-Maret 2023 dan pengambilan dengan *purposive sampling*. Partisipan yang sesuai kriteria dan bersedia akan diminta persiapan puasa minimal 8 jam kemudian diwawancara penerimaan diri dan dicek darah rutin, GDP, HDL kolesterol, dan CRP. Korelasi antara skor penerimaan diri dan NLR; PLR; MHR; dan CRP lalu dianalisis menggunakan SPSS

Hasil: Didapatkan 50 partisipan dengan usia median 78 (74-91) tahun. Rerata skor penerimaan diri 22.14±2.416. Sebanyak 74% (n=37) memiliki kadar CRP <5 mg/L, median NLR 2.486 (0.92-8.15), PLR 118.477 (65.83-313.82), MHR 0.0143 (0.005-0.032). Terdapat hubungan signifikan dengan korelasi lemah antara penerimaan diri dan MHR (nilai p 0.030, r -0.308), korelasi lemah MHR dengan IMT (nilai p 0.015, r 0.343) dan obesitas sentral (nilai p 0.032, r 0.303), korelasi lemah CRP dengan GDP (nilai p 0.032, r 0.303). Dilakukan analisis multivariat, IMT, lingkar pinggang dan obesitas sentral tidak berhubungan signifikan dengan MHR.

Kesimpulan: Terdapat korelasi negatif dengan kekuatan lemah antara skor penerimaan diri dengan MHR pada penderita diabetes melitus yang telah mencapai usia harapan hidup provinsi DIY.

Kata kunci: *diabetes melitus, inflamasi, penerimaan diri, harapan hidup, CRP, NLR, PLR, MHR*

ABSTRACT

CORRELATION OF SELF-ACCEPTANCE SCORE AND INFLAMMATORY MARKERS IN DIABETES MELLITUS PATIENTS WHO HAVE EXCEEDED LIFE EXPECTATANCY OF PROVINCE OF DIY

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Background: Elderly population is increasing rapidly partly due to dramatic increase in life expectancy. The province of DIY, although ranked the poorest in Java, has the highest life expectancy (73.2 years and 76.8 years for males and females) and also the happiest province. Stress causes hormonal imbalance and inflammation, resulting in telomere shortening. A good self-acceptance means being able to feel happy no matter what the circumstances are and this is in line with *nrimo ing pandum* (accept everything given) that many DIY seniors adhere to. Many factors are affecting life expectancy, but self-acceptance being the most relevant in elderly. This study investigates the relationship between self-acceptance and inflammatory markers (NLR, PLR, MHR, and CRP) in DM patients who have exceeded their life expectancy in Yogyakarta.

Methods: This cross-sectional study was conducted in March 2022-March 2023 and using purposive sampling. Participants who met the criteria and consent were asked to fast for at least 8 hours and then be interviewed for self-acceptance and checked CBD, FBG, HDL cholesterol, and CRP. Correlation between self-acceptance score and NLR; PLR; MHR; and CRP then analyzed using SPSS

Results: There were 50 participants with median age of 78 (74-91) years. The mean score of self-acceptance is 22.14 ± 2.416, 74% (n=37) participants had CRP <5 mg/L. Median NLR is 2.486 (0.92-8.15), PLR 118.477 (65.83-313.82), MHR 0.0143 (0.005-0.032). There is a significant relationship with weak correlation between self-acceptance and MHR (p value 0.030, r -0.308), weak correlation between MHR and BMI (p value 0.015, r 0.343) and central obesity (p value 0.032, r 0.303), a weak correlation between CRP and FBG (p value 0.032, r 0.303). Multivariate analysis was performed, BMI, waist circumference and central obesity were not significantly related to MHR.

Conclusion: There is a negative correlation with weak strength between self-acceptance scores and MHR in patients with diabetes mellitus who have exceeded the life expectancy of province of DIY

Keywords: *diabetes mellitus, inflammation, self-acceptance, life expectancy, CRP, NLR, PLR, MHR*