

**Analisis Asupan Zat Gizi Makro dan Kepatuhan Minum Obat Antidiabetik
terhadap Kadar HbA1c pada Penyandang Diabetes Melitus Tipe 2
Peserta Prolanis di Sleman, Yogyakarta**

ABSTRAK

Latar belakang : Diabetes melitus merupakan penyakit yang prevalensinya terus meningkat di seluruh dunia termasuk Indonesia karena adanya perubahan gaya hidup, Provinsi D.I Yogyakarta memiliki prevalensi terbanyak ke-2 di Indonesia dan Kabupaten Sleman merupakan yang terbanyak. Di era saat ini meningkatnya jumlah penyandang diabetes melitus dan tidak terkontrolnya kadar gula darah atau kadar HbA1c erat berkaitan dengan perubahan gaya hidup, pola makan tidak sehat dan ketidakpatuhan minum obat, oleh karena itu pengendalian kadar gula darah menjadi sangat penting dalam penanganan diabetes melitus tipe 2.

Tujuan : Menganalisis hubungan asupan zat gizi makro dan kepatuhan minum ketidakpatuhan minum obat obat antidiabetik terhadap kadar HbA1c pada penyandang diabetes melitus tipe 2.

Metode : Desain *Cross Sectional* pada 78 responden menggunakan *purposive sampling* dengan melakukan pengisian kuesioner SQ-FFQ dan MMAS-8. Analisis menggunakan uji *Chi Square* dan uji regresi logistik dengan software STATA14.

Hasil : Ada hubungan yang signifikan antara asupan karbohidrat, asupan lemak dan kepatuhan minum obat antidiabetik terhadap kadar HbA1c *P-value* <0,05, namun tidak ada hubungan signifikan antara asupan protein terhadap kadar HbA1c pada penyandang diabetes melitus tipe 2 peserta Prolanis di Sleman *P-value* >0,05. Hasil uji multivariat menunjukkan bahwa asupan karbohidrat, asupan lemak kepatuhan minum obat antidiabetik dan indeks massa tubuh secara simultan berhubungan dengan kadar HbA1c *P-value* <0,05.

Kesimpulan : Asupan karbohidrat, asupan lemak dan kepatuhan minum obat antidiabetik berhubungan secara signifikan terhadap kadar HbA1c pada penyandang diabetes tipe 2.

KATA KUNCI : asupan karbohidrat, asupan protein, asupan lemak, kepatuhan minum obat antidiabetik, diabetes melitus

Analysis of Macronutrient Intake and Antidiabetic Medication Adherence on HbA1c Levels in Type 2 Diabetes Mellitus Prolanis Participant in Sleman, Yogyakarta

ABSTRACT

Background : Diabetes mellitus is a disease whose prevalence continues to increase throughout the world including Indonesia due to changes in lifestyle, DI Yogyakarta Province has the 2nd highest prevalence in Indonesia and Sleman Regency is the largest. In the current era, the increasing number diabetes mellitus and uncontrolled blood sugar levels or HbA1c levels are closely related to lifestyle changes, unhealthy eating patterns and non-regularly taking medicine, therefore controlling blood sugar levels is very important in the treatment of type 2 diabetes mellitus.

Objective: analyzing the relationship between macronutrient intake and antidiabetic medication adherence on HbA1c levels in people with type 2 diabetes mellitus in Prolanis participants.

Method: designing *Cross-sectional* in 78 respondents using *purposive sampling* by filling out the SQ-FFQ and MMAS-8 questionnaires. The analysis was using *Chi Square* test and logistic regression test using STATA14 software.

Results : There is a significant relationship between carbohydrate intake, fat intake and antidiabetic medication adherence on HbA1c *Pvalue* <0,05, but there is no significant relationship between protein intake and HbA1c levels in diabetes mellitus type 2 for Prolanis participants in Sleman with *Pvalue* >0,05. The results of the multivariate test shown that carbohydrate intake, fat intake, antidiabetic medication adherence and body mass index were simultaneously associated with HbA1c *Pvalue*<0,05.

Conclusion : Carbohydrate intake, fat intake and antidiabetic medication adherence were significantly associated with HbA1c levels in type 2 diabetes mellitus.

KEYWORDS : carbohydrate intake, protein intake, fat intake, antidiabetic medication adherence, diabetes mellitus.