

ABSTRACT

THE RELATION OF DEPRESSION LEVEL WITH CONTROLLED FASTING BLOOD GLUCOSE LEVEL ON TYPE 2 DIABETES MELLITUS PATIENTS IN BANDAR LAMPUNG

By

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Background: Type 2 diabetics in the world as well as in Indonesia are increasing. Bandar Lampung is the city with the highest type 2 diabetics in Lampung Province, which is 1,063 people. Many factors affect the control of type 2 diabetes mellitus, one of which is the level of depression. This study aims to know the association between depression levels and controlled fasting blood sugar levels in diabetics in Bandar Lampung.

Method: An observational analytic research with cross sectional approach. The study was conducted on 115 respondents at 9 Community Health Centers in Bandar Lampung from September to December 2017. Sampling was done by consecutive technique. Fasting blood sugar was measured using glucometer through peripheral blood taking after 8 hours fasting. The depression level of respondents was assessed through structured interviews using the Beck Depression Inventory-II questionnaire in Indonesian language.

Result: There were 101 respondents suffered from mild depression (87,8%), 8 respondents with moderate depression (6,95%), 6 respondents with severe depression (5,22%). A total of 62 respondents had uncontrolled fasting blood glucose level (53,9%) and controlled on other 53 respondents (46,1%). Chi-square test showed no association between depression levels and controlled fasting blood glucose level in type 2 diabetics in Bandar Lampung with p-value $>0,05$ (p-value = 0,406) and 95% of confidence level ($\alpha = 0,05$).

Conclusion: There is no association between the level of depression with controlled fasting blood sugar levels of people with diabetes mellitus type 2 in Bandar Lampung.

Keyword: controlled fasting blood glucose levels, depression level, type 2 diabetes mellitus

ABSTRAK

HUBUNGAN TINGKAT DEPRESI DENGAN TERKONTROLNYA KADAR GULA DARAH PUASA PADA PENDERITA DIABETES MELITUS TIPE 2 DI BANDAR LAMPUNG

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Latar Belakang: Penderita Diabetes Melitus (DM) tipe 2 di dunia dan di Indonesia terus meningkat. Bandar Lampung menjadi kota dengan penderita diabetes melitus tipe 2 terbanyak di Provinsi Lampung, yaitu sebanyak 1.063 orang. Banyak faktor yang mempengaruhi pengendalian diabetes melitus tipe 2, salah satunya adalah tingkat depresi. Tujuan penelitian ini adalah mengetahui hubungan tingkat depresi dengan terkontrolnya kadar gula darah puasa responden.

Metode: Penelitian analitik observasional dengan pendekatan *cross sectional*. Penelitian telah dilakukan pada 115 responden di 9 Pusat Kesehatan Masyarakat (Puskesmas) di Bandar Lampung sejak bulan September hingga Desember 2017. Pemilihan sampel dilakukan dengan teknik *consecutive sampling*. Gula darah puasa diukur menggunakan glukometer melalui pengambilan darah perifer setelah berpuasa 8 jam. Tingkat depresi responden dinilai melalui wawancara terstruktur menggunakan kuesioner Beck Depression Inventory-II dalam bahasa Indonesia.

Hasil: Terdapat 101 responden mengalami depresi ringan (87,8%), 8 depresi sedang (6,95%), 6 depresi berat (5,22%). Sebanyak 62 responden memiliki kadar gula darah puasa tidak terkontrol (53,9%) dan terkontrol pada 53 responden lainnya (46,1%). Hasil uji Chi-square menunjukkan tidak ada hubungan antara tingkat depresi dengan terkontrolnya kadar gula darah puasa pada penderita DM tipe 2 di Bandar Lampung dengan p-value $>0,05$ (0,406) dan tingkat kepercayaan 95% ($\alpha = 0,05$).

Kesimpulan: Tidak terdapat hubungan antara tingkat depresi dengan terkontrolnya kadar gula darah puasa pada penderita diabetes melitus tipe 2 di Bandar Lampung.

Kata kunci: diabetes melitus tipe 2, kontrol kadar gula darah puasa, tingkat depresi