

## ABSTRAK

### FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KONTROL GLIKEMIK PADA PENDERITA DIABETES MELITUS TIPE 2 PESERTA PROGRAM PENGELOLAAN PENYAKIT KRONIS (PROLANIS) DI BANDAR LAMPUNG TAHUN 2024

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**Latar Belakang:** Diabetes Melitus Tipe 2 (DMT2) merupakan penyakit kronis yang menjadi isu global termasuk Indonesia karena prevalensinya yang kian meningkat. Kontrol glikemik pada pasien DMT2 merupakan komponen penting untuk melihat keberhasilan pengelolaan penyakit dan mencegah komplikasi kronis. Beberapa faktor termasuk aktivitas fisik, intensitas penggunaan *Complementary and Alternative Medicine* (CAM), dan penerimaan penyakit (*disease acceptance*), diduga memengaruhi kontrol glikemik yang diukur melalui kadar HbA1c. Tujuan penelitian ini adalah untuk mengetahui hubungan antara faktor-faktor tersebut dan kontrol glikemik pada pasien DMT2 peserta prolanis di Bandar Lampung.

**Metode:** Penelitian ini menggunakan metode *observational analitik* dengan desain *cross-sectional* untuk menganalisis hipotesis penelitian. Penelitian dilaksanakan di Laboratorium Klinik Pramitra Biolab, Way Halim, Bandar Lampung, pada periode September hingga November 2024. Sebanyak 134 sampel dipilih secara *consecutive*. Data dikumpulkan melalui kuesioner terstruktur secara primer dan kadar HbA1c secara sekunder. Analisis data dilakukan dengan uji komparatif *chi-square* untuk melihat hubungan antar variabel.

**Hasil:** Hasil menunjukkan dominasi responden memiliki tingkat aktivitas fisik yang rendah (50%), tidak rutin menggunakan CAM (88,1%), memiliki tingkat penerimaan yang baik (79,1%), dan kontrol glikemik yang terkontrol (59,7%). Hasil uji *chi-square* antara variabel bebas dan kontrol glikemik secara berurutan yaitu aktivitas fisik ( $p < 0,001$ ), intensitas penggunaan CAM ( $p = 0,290$ ), dan *disease acceptance* ( $p < 0,001$ ).

**Simpulan:** Terdapat hubungan aktivitas fisik dan *disease acceptance* terhadap kontrol glikemik. Tidak terdapat hubungan antara intensitas penggunaan CAM dan kontrol glikemik.

**Kata Kunci:** aktivitas fisik, CAM, diabetes melitus tipe 2, kontrol glikemik, penerimaan penyakit.

## ABSTRACT

### FACTORS ASSOCIATED WITH GLYCEMIC CONTROL IN TYPE 2 DIABETES MELLITUS PATIENTS ENROLLED IN THE CHRONIC DISEASE MANAGEMENT PROGRAM (PROLANIS) IN BANDAR LAMPUNG 2024

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**Background:** Type 2 Diabetes Mellitus (T2DM) is a chronic disease that has become a global issue, including in Indonesia, due to its increasing prevalence. Glycemic control in T2DM patients is a critical component for evaluating disease management success and preventing chronic complications. Several factors, including physical activity, the intensity of Complementary and Alternative Medicine (CAM) use, and disease acceptance, are suspected to influence glycemic control, as measured by HbA1c levels. This study aims to investigate the relationship between these factors and glycemic control in T2DM patients participating in the Prolanis program in Bandar Lampung.

**Methods:** The study employed an observational analytic method with a cross-sectional design to analyze the research hypothesis. The study was conducted at the Pramitra Biolab Clinical Laboratory, Way Halim, Bandar Lampung, from September to November 2024. A total of 134 samples were selected consecutively. Data were collected using structured questionnaires for primary data and HbA1c levels for secondary data. Data analysis utilized the chi-square test to assess the relationships between variables.

**Results:** The results showed that the majority of respondents had a low level of physical activity (50%), did not routinely use CAM (88.1%), had a good level of disease acceptance (79.1%), and achieved controlled glycemic levels (59.7%). The chi-square test results for the independent variables and glycemic control were as follows: physical activity ( $p < 0.001$ ), CAM usage intensity ( $p = 0.290$ ), and disease acceptance ( $p < 0.001$ ).

**Conclusion:** Physical activity and disease acceptance were significantly associated with glycemic control. However, no significant relationship was found between the intensity of CAM use and glycemic control.

**Keywords:** CAM, disease acceptance, glycemic control, physical activity, type 2 diabetes mellitus.