

## ABSTRACT

### RELATIONSHIP BETWEEN RATIONALITY ANTIDIABETIC THERAPY AND PRE PRANDIAL BLOOD SUGAR CONTROL IN PATIENTS WITH TYPE 2 DIABETES MELLITUS AT PANJANG PUBLIC HEALTH CENTER, BANDAR LAMPUNG, 2024

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**Background:** Diabetes is a chronic metabolic disease that occurs when the pancreas does not produce enough insulin. Management of diabetes therapy is one effort to improve the patient's clinical condition. Therefore, it is necessary to manage diabetes therapy rationally based on the 4T criteria, namely correct diagnosis, correct indication, correct dose and correct interval of administration to achieve controlled blood sugar levels. This study aims to determine the relationship between antidiabetic rationality and pre prandial blood sugar control in patients with type 2 diabetes mellitus.

**Method:** observational analytical research using retrospective data with a cross sectional approach. The sample consisted of 63 patients diagnosed with type 2 diabetes mellitus and were selected using a total sampling technique. Data were analyzed univariately and bivariately with the *Chi-Square* test.

**Results:** The results of bivariate analysis using the *Chi-Square* test showed a *p-value* of 0.001, which shows that there is a relationship between the rationality of antidiabetic treatment and pre prandial blood sugar control.

**Conclusion:** there is a relationship between the rationality of antidiabetic drugs on pre prandial blood sugar control in patients with type 2 diabetes mellitus at Panjang Health Center.

**Keywords:** antidiabetic rationality, pre prandial blood sugar control.

## ABSTRAK

### HUBUNGAN RASIONALITAS TERAPI ANTIDIABETES TERHADAP KONTROL GULA DARAH PUASA PASIEN DIABETES MELITUS TIPE 2 DI UPTD PUSKESMAS PANJANG KOTA BANDAR LAMPUNG TAHUN 2024

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**Latar Belakang :** Diabetes merupakan penyakit metabolisme kronis yang terjadi ketika pankreas tidak menghasilkan cukup insulin. Penatalaksanaan terapi diabetes merupakan salah satu upaya dalam memperbaiki kondisi klinis pasien. Dengan begitu, diperlukan penatalaksanaan terapi diabetes secara rasional berdasarkan kriteria 4T yaitu tepat diagnosis, tepat indikasi, tepat dosis, dan tepat interval pemberian untuk mencapai kadar gula darah yang terkendali. Penelitian ini bertujuan untuk mengetahui hubungan rasionalitas antidiabetes terhadap kontrol gula darah puasa pasien diabetes melitus tipe 2.

**Metode :** penelitian analitik observasional menggunakan data retrospektif dengan pendekatan *cross sectional*. Sampel berjumlah 63 pasien yang terdiagnosis diabetes melitus tipe 2 dan dipilih melalui teknik *total sampling*. Data di analisis secara univariat dan bivariat dengan uji *Chi-Square*.

**Hasil :** Hasil analisis bivariat dengan uji *Chi-Square* didapatkan hasil *p-value* sebesar 0,001, yang menunjukkan bahwa terdapat hubungan antara kerasionalitasan pengobatan antidiabetes dan kontrol gula darah puasa.

**Kesimpulan :** Terdapat hubungan antara rasionalitas obat antidiabetes terhadap kontrol gula darah puasa pada pasien diabetes melitus tipe 2 di Puskesmas Panjang.

**Kata Kunci :** Rasionalitas Antidiabetes, Kontrol Gula Darah Puasa.