

ABSTARCT

CORRELATION OF PHYSICAL ACTIVITY WITH HBA1C LEVELS OF TYPE 2 DIABETES MELLITUS PATIENTS IN CLINICAL PATHOLOGY LABORATORIES OF RSUD DR. H. ABDUL MOELOEK BANDAR LAMPUNG

By

AQSHA RAMADHANISA

Diabetes mellitus (DM) is non transmitted disease which prevalence high enough in the world. Result reported by the Basic Health Research Association Lampung 2007 according to the regencies and cities, the highest prevalence of DM was in Bandar Lampung (0.9%). The best examination for DM control is the examination of HbA1c levels. One of controlling principle for DM therapy is physical activity. The objective of this research was to find out the correlation between physical activity with HbA1c levels of type 2 diabetes mellitus patients in RSUD dr. H. Abdul Moeloek Bandar Lampung. This research used cross sectional design. The population was type 2 DM patients who were examined their HbA1c levels in Laboratories. Samples amounted to 46 people got by accidental sampling technique. Physical activity that type 2 DM patients do was identified by questionnaires. Results indicate that 27 respondents (58.7%) had less physical

activity and 19 respondents (41.3%) had better physical activity with 33 respondents (71.7%) had poor HbA1c levels and 13 respondents (28.3%) had well HbA1c levels. After doing statistics test using *chi-square test* ($\alpha=0.05$) acquired that there was correlation between physical activity with HbA1c levels with $p = 0.001$.

Keywords: Physical activity, HbA1c levels, type 2 diabetes mellitus.