



**FACTORS ASSOCIATED WITH DIABETES MELLITUS  
AMONG THE ELDERLY IN CINERE SUBDISTRICT, DEPOK**

**SKRIPSI**

**NADHIRA ZARFANI ILHAM**

**1910714032**

**UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA**

**FAKULTAS ILMU KESEHATAN**

**PROGRAM STUDI GIZI PROGRAM SARJANA**

**2023**



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**Diajukan Sebagai Salah Satu Syarat Untuk Memperoleh Gelar  
Sarjana Gizi**

**NADHIRA ZARFANI ILHAM**

**1910714032**

**UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA  
FAKULTAS ILMU KESEHATAN  
PROGRAM STUDI GIZI PROGRAM SARJANA  
2023**

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Nama : Nadhira Zarfani Ilham

NIM : 1910714032

Tanggal : 4 Juli 2023

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Nama : Nadhira Zarfani Ilham

NIM : 1910714032

Fakultas : Ilmu Kesehatan

Program Studi : Gizi Program Sarjana

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## PENGESAHAN

Skripsi diajukan oleh:

Nama : Nadhira Zarfani Ilham  
NRP : 1910714032  
Program Studi : Gizi Program Sarjana  
Judul Skripsi : *Factors Associated with Type 2 Diabetes Mellitus  
Among the Elderly in Cinere Subdisrict, Depok*

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Iin Fatmawati, S.Gz., MPH

Ketua Penguji



Immatul Fautziah, S.Gz., M.Si.

Penguji II

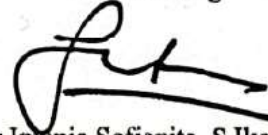
Desdaryati, SKn, M.Kep., Sp. Mat., PhD

Dekan FIKES UPN "Veteran" Jakarta



Dr. Ibnu Malkan Bakhrul Ilmi, S.Gz., M.Si.

Pembimbing



Dr. Nur Intania Sofianita, S.Ikom., MKM

Koordinator Program Studi Gizi Program  
Sarjana

Ditetapkan di : Jakarta

Tanggal Ujian : 4 Juli 2023

# FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN DIABETES MELITUS TIPE 2 PADA LANSIA DI KECAMATAN CINERE, DEPOK

Nadhira Zarfani Ilham

## Abstrak

**Latar belakang:** Riset Kesehatan Dasar (Riskesdas) menyatakan bahwa prevalensi diabetes melitus tipe 2 (T2DM) secara nasional mengalami peningkatan. Akibat defisiensi sekresi insulin dan meningkatnya resistensi insulin seiring bertambahnya usia, lansia menjadi lebih rentan terhadap T2DM. Berbagai faktor, baik yang dapat diubah maupun yang tidak dapat diubah, berkontribusi terhadap kejadian T2DM; jenis kelamin, status gizi, tingkat pendidikan, riwayat pekerjaan, riwayat merokok, dan riwayat diabetes dalam keluarga diantaranya. Penelitian ini dilakukan untuk mengetahui faktor-faktor yang berhubungan dengan kejadian T2DM di Kecamatan Cinere, Depok. **Metode:** Penelitian ini menggunakan desain cross-sectional dengan teknik pengambilan sampel stratified random sampling dan melibatkan 108 partisipan. Data dikumpulkan dengan mengisi kuesioner dan diolah menggunakan uji chi-square. **Hasil:** Tidak ada hubungan antara jenis kelamin ( $p$ -value = 0,865), tingkat pendidikan ( $p$ -value = 0,891), kebiasaan merokok dengan T2DM ( $p$ -value = 0,525). Terdapat hubungan antara status gizi ( $p$ -value = 0,016), riwayat pekerjaan ( $p$ -value = 0,036), riwayat diabetes dalam keluarga ( $p$ -value = 0,021) dan T2DM. **Kesimpulan:** status gizi, riwayat pekerjaan, dan riwayat diabetes keluarga berhubungan dengan T2DM. **Saran:** Mempertahankan gaya hidup sehat selama usia produktif diperlukan untuk mencegah kejadian PTM, termasuk T2DM, pada usia lanjut.

**Kata kunci:** diabetes melitus, jenis kelamin, status gizi, tingkat pendidikan, riwayat pekerjaan, riwayat merokok, riwayat diabetes keluarga, lansia

**FACTORS ASSOCIATED WITH TYPE 2 DIABETES  
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SUBDISTRICT, DEPOK**

**Nadhira Zarfani Ilham**

**Abstract**

**Background:** Basic health research (Riskesdas) stated that the prevalence of type 2 diabetes mellitus (T2DM) nationwide has increased. Due to deficiency of insulin secretion and growing insulin resistance developing with age, elderly is more susceptible to T2DM. Various factors, changeable and unchangeable, contribute to the incidence of T2DM; sex, nutritional status, level of education, occupational history, smoking history, and diabetes family history among them. This study was conducted to determine the factors associated with T2DM in Cinere subdistrict, Depok. **Method:** Cross-sectional design with a stratified random sampling technique was used, and involved 108 participants. Data was collected by filling out a questionnaire and processed using the chi-square test. **Results:** There is no relationship between sex ( $P = 0.865$ ), level of education ( $P = 0.891$ ), smoking and T2DM ( $P = 0.525$ ). There is a relationship between nutritional status ( $P = 0.016$ ), occupational history ( $P = 0.036$ ), diabetes family history ( $P = 0.021$ ) and T2DM. **Conclusion:** nutritional status, occupational history, and diabetes family history are associated with T2DM. **Suggestion:** Maintaining a healthy lifestyle during productive age is needed to prevent the incidence of NCDs, including T2DM, in the later years of life.

**Keyword:** diabetes mellitus, sex, nutritional status, level of education, occupational history, smoking history, diabetes family history, elderly

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I acknowledge that this research is far from perfect and has its own shortcomings. Constructive criticism and suggestions from readers are welcomed for the improvement of this research.

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Author

Nadhira Zarfani Ilham



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