

HUBUNGAN PELAKSANAAN TUGAS KESEHATAN KELUARGA DENGAN PENGONTROLAN KADAR GLUKOSA DARAH PADA LANSIA DIABETES MELITUS DI KELURAHAN LIMO DEPOK

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Abstrak

Lansia sebagai individu yang beresiko rentan terjadi masalah kesehatan seperti diabetes melitus karena penurunan fungsional tubuh memerlukan tugas kesehatan keluarga berupa pengontrolan kadar glukosa darah yang diharapkan mampu mengatasi permasalahan diabetes melitus pada lansia. Tujuan penelitian untuk mengetahui hubungan pelaksanaan tugas kesehatan keluarga dengan pengontrolan kadar glukosa darah pada lansia. Desain penelitian yang digunakan deskriptif analitik dengan pendekatan cross sectional. Sampel berjumlah 102 responden dipilih dengan metode *stratified random sampling*. Analisis univariat menggunakan frekuensi proporsi dan analisis bivariat menggunakan uji *chi square*. Hasil penelitian ini menunjukkan ada hubungan pelaksanaan tugas kesehatan keluarga dengan pengontrolan kadar glukosa darah pada lansia diabetes melitus dengan nilai p value = 0,000 dan OR = 56,893. Berdasarkan hasil penelitian didapatkan pelaksanaan tugas kesehatan keluarga memiliki peran penting dalam pengontrolan kadar glukosa darah pada lansia diabetes melitus. Oleh sebab itu, diharapkan keluarga dapat melaksanakan tugas kesehatan keluarga dengan baik sehingga kadar glukosa darah dapat terkontrol.

Kata Kunci : Kadar glukosa darah, Lansia diabetes melitus, Tugas kesehatan keluarga

CORRELATION BETWEEN THE IMPLEMENTATION OF FAMILY HEALTH TASKS WITH CONTROL OF BLOOD GLUCOSE LEVELS AMONG ELDERLY WITH DIABETES MELLITUS IN KELURAHAN LIMO DEPOK

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Abstract

Elderly as an individual who is at risk of being prone to health problems such as diabetes mellitus because functional decline of the body requires family health tasks in the form of controlling blood glucose levels which are expected to be able to overcome the problem of diabetes mellitus in the elderly. The objective of this research was to analyze the correlation between the implementation of family health tasks with control of blood glucose levels in elderly with diabetes mellitus. The research design used analytic descriptive with cross sectional approach. The sample amounted to 102 respondents selected by the stratified random sampling method. Univariate analysis used frequency proportions and bivariate analysis used the chi square test. The results of this study indicated there is a correlation between the implementation of family health tasks by controlling blood glucose levels in elderly diabetes mellitus with a p value = 0,000 and OR = 56,893. Based on the results of the study, the implementation of family health tasks has an important role in controlling blood glucose levels in elderly diabetes mellitus. Therefore, it is expected that families can carry out family health tasks properly so blood glucose levels can be controlled.

Keywords : Blood glucose level, Elderly diabetes mellitus, Family health task