

**FAKULTAS KEDOKTERAN
UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA**

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JENNICA ANGGANIS

**FAKTOR-FAKTOR YANG MEMPENGARUHI DISFUNGSI SEKSUAL PADA
PENDERITA DIABETES MELITUS TIPE 2 DI PUSKESMAS JURANG MANGU**

RINCIAN HALAMAN (131 halaman, 22 tabel, 3 bagan, 7 lampiran)

ABSTRAK

Tujuan

Penelitian ini bertujuan untuk mengetahui faktor-faktor yang memengaruhi kejadian disfungsi seksual pada pasien Diabetes Melitus tipe 2 di Puskesmas Jurang Mangu. Secara khusus, penelitian ini menganalisis hubungan antara usia, lama menderita DM, kadar HbA1c, indeks massa tubuh (IMT), kebiasaan merokok, serta penggunaan obat statin dan anti hipertensi dengan kejadian disfungsi seksual pada pasien DM tipe 2, serta menentukan faktor independen yang paling berpengaruh terhadap kejadian tersebut.

Metode

Penelitian ini menggunakan metode analitik kuantitatif dengan desain potong lintang dan melibatkan 78 responden penderita DM tipe 2 peserta Program Pengelolaan Penyakit Kronis (PROLANIS). Data dikumpulkan menggunakan kuesioner FSFI-6 dan IIEF-5 yang dianalisis melalui analisis univariat, bivariat (uji Chi-Square), dan multivariat (regresi logistik biner).

Hasil

Analisis bivariat menemukan bahwa seluruh variabel independen berhubungan signifikan dengan disfungsi seksual ($p < 0,05$). Analisis multivariat menunjukkan bahwa lama menderita DM (> 5 tahun) merupakan faktor independen yang paling berpengaruh terhadap disfungsi seksual ($p = 0,035$; $OR = 17,302$; $95\% CI = 1,231 - 243,184$).

Kesimpulan

Terdapat hubungan yang signifikan antara usia, lama menderita DM, IMT, kadar HbA1c, penggunaan obat statin dan anti hipertensi, serta merokok terhadap disfungsi seksual. Lama menderita DM tipe 2 merupakan faktor yang paling berpengaruh terhadap kejadian disfungsi seksual.

Daftar Pustaka : 57 (2020-2025)

Kata Kunci : Diabetes Melitus Tipe 2, Disfungsi Seksual, Lama Menderita, HbA1c, Indeks Massa Tubuh, Gaya Hidup

**FACULTY OF MEDICINE
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JENNICA ANGGANIS

**FACTORS INFLUENCING SEXUAL DYSFUNCTION IN DIABETES MELITUS
TYPE 2 PATIENTS AT JURANG MANGU PUBLIC HEALTH CENTER**

PAGE DETAIL (131 pages, 22 tables, 3 charts, 7 appendices)

ABSTRAK

Objective

This study aimed to identify factors influencing sexual dysfunction among patients with type 2 diabetes melitus (DM) at Jurang Mangu Primary Health Center. Specifically, it analyzed the relationship between age, duration of diabetes, HbA1c levels, body mass index (BMI), smoking habits, and the use of statin or antihypertensive drugs with the occurrence of sexual dysfunction, as well as determining the most influential independent factor.

Methods

This quantitative analytic research used a cross-sectional design involving 78 type 2 DM patients participating in the Chronic Disease Management Program (PROLANIS). Data were collected using the Female Sexual Function Index (FSFI-6) for women and the International Index of Erectile Function (IIEF-5) for men, supported by HbA1c laboratory results. Data analysis included univariate, bivariate using the Chi-Square test, and multivariate analysis with binary logistic regression.

Results

Bivariate analysis showed that all independent variables age, duration of diabetes, BMI, HbA1c levels, smoking habits, and the use of statin and antihypertensive drugs were significantly associated with sexual dysfunction ($p < 0.05$). Multivariate analysis revealed that diabetes duration of more than five years was the most influential independent factor ($p = 0.035$; $OR = 17.302$; $95\% CI = 1.231-243.184$).

Conclusion

There is a significant relationship between age, duration of diabetes, BMI, HbA1c, smoking habits, and medication use with sexual dysfunction. The duration of diabetes is the most dominant factor influencing sexual dysfunction among type 2 DM patients, highlighting the importance of early detection, glycemic control, and sexual health education to prevent further complications.

References : 57 (2020–2025)

Keywords : Type 2 Diabetes melitus, Sexual Dysfunction, Duration of Illness, HbA1c, Body Mass Index, Lifestyle Factors