

HUBUNGAN POLA KEBIASAAN KONSUMSI MINUMAN BERPEMANIS BUATAN DENGAN RISIKO GAGAL GINJAL KRONIS PADA PASIEN DIABETES MELITUS

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Abstrak

Diabetes melitus termasuk penyakit kronis yang berpotensi menimbulkan komplikasi serius, salah satunya adalah gagal ginjal kronis. Konsumsi minuman yang mengandung pemanis buatan diduga menjadi salah satu faktor yang dapat meningkatkan risiko kerusakan ginjal pada penderita diabetes. Penelitian ini dirancang untuk menelaah sejauh mana kebiasaan mengonsumsi minuman berpemanis buatan berkaitan dengan risiko gagal ginjal kronis pada pasien diabetes melitus. Pendekatan yang digunakan adalah *cross-sectional* dengan pemilihan sampel secara *purposive*. Sampel penelitian berjumlah 96 pasien diabetes melitus yang menjalani perawatan di Poli Penyakit Dalam RSUD Tarakan Jakarta. Pola kebiasaan konsumsi minuman berpemanis buatan diukur menggunakan *Food Frequency Questionnaire* (FFQ), sedangkan risiko gagal ginjal kronis diukur menggunakan *Kidney Failure Risk Score* (KFRS). Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan bahwa rerata usia responden dalam penelitian ini 55 tahun, mayoritas berjenis kelamin laki laki, dan 59 responden memiliki riwayat merokok serta riwayat diabetes melitus keluarga. Hasil analisis bivariat menunjukkan terdapat hubungan yang signifikan antara pola kebiasaan konsumsi minuman berpemanis buatan dengan risiko gagal ginjal kronis pada pasien diabetes melitus ($p = 0,000 < 0,05$). Implikasi keperawatan dari penelitian ini adalah pentingnya peran perawat dalam memberikan edukasi kesehatan, serta pemantauan pola konsumsi minuman berpemanis buatan sebagai upaya pencegahan dini komplikasi ginjal pada pasien diabetes melitus.

Kata kunci: Diabetes Melitus, Gagal Ginjal Kronis, Minuman Berpemanis Buatan

The Relationship Between Patterns of Artificially Sweetened Beverage Consumption and the Risk of Chronic Kidney Failure in Patients with Diabetes Mellitus

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Abstract

Diabetes mellitus is a chronic disease that can lead to various complications, one of which is chronic kidney disease. Patterns of consumption of artificially sweetened beverages are suspected to play a role in increasing the risk of kidney damage in patients with diabetes mellitus. This study aimed to determine the relationship between patterns of consumption of artificially sweetened beverages and the risk of chronic kidney disease in patients with diabetes mellitus. The study employed a cross-sectional design with purposive sampling. The research sample consisted of 96 patients with diabetes mellitus who received treatment at the Internal Medicine Outpatient Clinic of RSUD Tarakan Jakarta. Patterns of consumption of artificially sweetened beverages were assessed using a Food Frequency Questionnaire (FFQ), while the risk of chronic kidney disease was measured using the Kidney Failure Risk Score (KFRS). Data analysis was conducted using univariate and bivariate analyses with the Chi-Square test. The results showed that the mean age of respondents was 55 years, the majority were male, and 59 respondents had a history of smoking and a family history of diabetes mellitus. Bivariate analysis revealed a significant relationship between patterns of consumption of artificially sweetened beverages and the risk of chronic kidney disease in patients with diabetes mellitus ($p = 0.000 < 0.05$). The nursing implications of this study highlight the importance of nurses' roles in providing health education and monitoring the consumption patterns of artificially sweetened beverages as an effort to prevent early kidney complications in patients with diabetes mellitus.

Keywords: *Artificially Sweetened Beverages, Chronic Kidney Disease, Diabetes Mellitus*