

ABSTRAK

Hubungan Asupan Tiamin dan Serat dengan Kadar Gula Darah Sewaktu Pasien Diabetes Mellitus Rawat Inap RSUD Tugurejo Semarang

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Diabetes Melitus (DM) tipe 2 merupakan diabetes yang paling umum ditemukan. Estimasi IDF terdapat 415 juta penderita DM pada tahun 2015. Indonesia, prevalensi DM hasil Riskesdas 2013 sebesar 6.9% atau sekitar 12 juta orang terkena DM. Jawa Tengah, jumlah penderita DM peringkat kedua sebagai penyakit yang tidak menular. Pengelolaan DM dapat dilakukan dengan cara perencanaan makan, latihan jasmani, obat hipoglikemik, dan penyuluhan. Perencanaan makan dapat meliputi asupan tiamin dan serat. Penelitian ini bertujuan untuk mengetahui hubungan asupan tiamin dan serat dengan kadar gula darah sewaktu (GDS) pasien DM rawat inap RSUD Tugurejo Semarang.

Penelitian ini menggunakan metode analitik dan *cross sectional* serta teknik sampling *consecutive* sesuai kriteria inklusi dan eksklusi. Jumlah subyek penelitian sebanyak 30 pasien DM yang terdiri dari 18 orang perempuan dan 12 orang laki-laki. Data asupan tiamin dan serat diperoleh dengan food recall 3x24 jam. Data kadar GDS diperoleh dari catatan medik. Analisa data menggunakan korelasi Pearson Product Moment.

Asupan tiamin subyek penelitian semua kurang (100%) dengan rata-rata asupan 0.39 mg/hari. Asupan seratnya semua kurang (100%) dengan rata-rata asupan sebesar 7.55 gr/hari. Kadar GDS sebagian besar normal yaitu sebanyak 17 orang (56.7%) dengan rata-rata 216.28 mg/dl. Tidak ada hubungan antara asupan tiamin dengan kadar gula darah sewaktu ($r = -0.46$, $p = 0.807$). Tidak ada hubungan antara asupan serat dengan kadar gula darah sewaktu ($r = -0.29$, $p = 0.881$).

Kesimpulan penelitian adalah tidak ada hubungan antara asupan tiamin dan serat dengan kadar gula darah sewaktu pasien Diabetes Mellitus rawat inap RSUD Tugurejo Semarang

Kata kunci : tiamin, serat, kadar gula darah sewaktu, diabetes mellitus

ABSTRACT

The Correlation Between Thiamine and Dietary Fiber Intake with Post-prandial Blood Glucose Level among Diabetes Mellitus Patients at Inpatient Room of RSUD Tugurejo Semarang

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The type 2 diabetes mellitus is the most common type of diabetes. IDF estimates there are 415 million diabetes mellitus patients in 2015. According to Indonesia Basic Health Research (Riskesdas), the prevalence of DM in Indonesia during 2013 was 6.9% or about 12 million people were developing DM. In Central Java, DM sits on the second place among the non-contagious diseases. DM treatment may involve diet planning, physical exercise, hypoglycemic medication, and counseling. The diet planning may include thiamine and dietary fiber intake. The research was aimed to find out the correlation between thiamine and dietary fiber with the post-prandial blood glucose level among diabetics at inpatient room of RSUD Tugurejo Semarang.

The research used analytic and cross sectional methods as the research methodology. The sampling technique used was consecutive sampling based on the exclusion and inclusion criteria of 30 DM patient as the subject of the research. The sample consisted of 18 female and 12 male DM patients. The data about thiamine and dietary fiber was gained through 3x24 food recall. Post prandial blood glucose level data was gained from the medical record of the respondents. During the data analysis, Pearson product-moment correlation was used as the method in analyzing the data.

The thiamine intake for the research subjects (100%) were low with only 0.39 mg/day. the dietary fiber intake for the research subject (100%) were also low with average 7.55 gr/day. The blood glucose level of the research subjects was mostly normal as 17 persons (56.7%) with the average of 216.28 mg/dL. There was no correlation between the intake of thiamine with post-prandial blood glucose level ($r=0.46$ $p=0.807$). There was no correlation between dietary fiber intake with post-prandial blood glucose level ($r=0.29$ $p=0.881$).

From the research it can be inferred that there is no correlation between thiamine and dietary fiber intake with post-prandial blood glucose level in Diabetes Mellitus patients at inpatient room of RSUD Tugurejo Semarang.

Keywords: thiamine, dietary fiber, post-prandial blood glucose level, diabetes mellitus