

GAMBARAN KADAR GULA DARAH PADA IBU HAMIL  
DI PUSKESMAS WEDARIJAKSA I  
KABUPATEN PATI  
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**ABSTRAK**

Latar Belakang : Pemeriksaan glukosa darah ibu hamil sangat penting untuk mengetahui kondisi ibu hamil terkena penyakit diabetes melitus. Peningkatan kadar gula darah dapat terjadi karena pada masa kehamilan terjadi perubahan fisiologis yang akan berpengaruh kepada resistensi insulin, sehingga mengakibatkan kadar glukosa darah akan naik. Tujuan penelitian ini adalah mendeskripsikan gambaran kadar glukosa darah pada ibu hamil di Puskesmas Wedarijaksa I Kabupaten Pati Tahun 2018.

Metode Penelitian adalah adalah studi deskriptif dengan pendekatan cross sectional. Populasi adalah semua ibu hamil di Puskesmas Wedarijaksa I, dengan sampel sebanyak 36 ibu hamil. Analisis dilakukan dengan analisis univariat menyajikan secara deskriptif kadar gula darah ibu hamil.

Hasil penelitian yaitu gambaran glukosa darah pada ibu hamil di Puskesmas Wedarijaksa I, sebagian besar adalah kondisi normal ( $<120$  mg/dl) sebanyak 33 ibu hamil (91,7%) dan yang tidak normal ( $\geq 120$  mg/dl) sebanyak 3 ibu hamil (8,3%). Kadar glukosa darah pada ibu hamil sebagian besar adalah pada usia kehamilan trimester III sebanyak 21 ibu hamil dalam kondisi normal sebanyak 20 ibu hamil (95,2%) dan yang tidak normal sebanyak 1 ibu hamil (4,8%). Usia kehamilan trimester II sebanyak 15 ibu hamil (41,7%) dalam kondisi glukosa darah normal sebanyak 13 ibu hamil 86,7% dan yang tidak normal sebanyak 2 ibu hamil 13,3%. Kadar glukosa darah pada ibu hamil sebagian besar adalah pada usia 20- 30 tahun sebanyak 25 ibu hamil dalam kondisi normal sebanyak 24 ibu hamil (96%) dan yang tidak normal sebanyak 1 ibu hamil (4,0%). Responden usia 31-40 tahun sebanyak 11 ibu hamil dalam kondisi glukosa darah normal sebanyak 9 ibu hamil 81,8% dan yang tidak normal sebanyak 2 ibu hamil 18,2%.

Saran kepada ibu hamil diharapkan Ibu hamil diharapkan menjaga kondisi kesehatannya dengan makan makanan bergizi dan olah raga rutin secara teratur agar glukosa tidak melebihi batas normal.

Kata kunci : Kadar glukosa daran dan ibu hamil

## ABSTRACT

### OVERVIEW OF BLOOD SUGAR LEVELS IN PREGNANT WOMEN IN WEDARIJAKSA HEALTH CENTER PATI REGENCY YEAR 2018

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Background: Examination of blood glucose in pregnant women is very important to know the condition of pregnant women with diabetes mellitus. Increased blood sugar levels can occur because during pregnancy there are physiological changes that will affect insulin resistance, resulting in increased blood glucose levels. The purpose of this study was to describe the picture of blood glucose levels in pregnant women at the Wedarijaksa I Health Center in Pati Regency in 2018.

The research method is a descriptive study with a cross sectional approach. The population is all pregnant women at the Wedarijaksa I Health Center, with a sample of 36 pregnant women. Analysis carried out with univariate analysis presented descriptively blood sugar levels of pregnant women.

The results of the study are blood glucose picture in pregnant women at the Wedarijaksa Public Health Center I, most of them are normal conditions (<120 mg / dl) as many as 33 mothers haml (91.7%) and abnormal ( $\geq$  120 mg / dl) as many as 3 mothers pregnant (8.3%). Blood glucose levels in pregnant women are mostly in the third trimester of pregnancy as many as 21 pregnant women in normal conditions as many as 20 pregnant women (95.2%) and abnormal women as many as 1 pregnant woman (4.8%). Age of second trimester pregnancy was 15 pregnant women (41.7%) in normal blood glucose conditions as many as 13 pregnant women 86.7% and abnormal women as many as 2 pregnant women 13.3%. Blood glucose levels in pregnant women are mostly at the age of 20-30 years as many as 25 pregnant women in normal conditions as many as 24 pregnant women (96%) and abnormalities as many as 1 pregnant woman (4.0%). Respondents aged 31-40 years as many as 11 pregnant women in the condition of normal blood glucose as many as 9 pregnant women 81.8% and abnormal women as many as 2 pregnant women 18.2%.

Suggestions for pregnant women are expected Pregnant women are expected to maintain their health conditions by eating nutritious food and regular exercise regularly so that glucose does not exceed normal limits.  
Keywords: blood glucose levels and pregnant women