

Pengaruh Waktu Inkubasi Terhadap Kadar Glukosa Darah Pada Sampel Serum

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ABSTRAK

Pemeriksaan kadar glukosa darah ada beberapa metode yang digunakan, salah satunya adalah metode glukosa-oksidadase (GOD-PAP). Pemeriksaan glukosa darah metode GOD-PAP membutuhkan waktu inkubasi minimal 10 menit. Penundaan waktu inkubasi yang tidak sesuai dengan prosedur dapat mempengaruhi hasil kadar glukosa darah. Tujuan penelitian untuk mengetahui pengaruh waktu inkubasi terhadap kadar glukosa darah pada sampel serum.

Jenis penelitian adalah eksperimental. Sampel diambil secara random sebanyak 8 mahasiswa DIII Analis Kesehatan Universitas Muhammadiyah Semarang, kemudian sampel diperiksa dengan waktu inkubasi selama 10, 30, 60, dan 90 menit.

Hasil pemeriksaan menunjukkan rata-rata hasil pemeriksaan kadar glukosa darah waktu inkubasi selama 10 menit adalah 84,38 mg/dL, waktu inkubasi selama 30 menit adalah 95,00 mg/dL, waktu inkubasi selama 60 menit adalah 88,63 mg/dL, dan waktu inkubasi selama 90 menit adalah 82,38 mg/dL. Uji statistik *One Way Anova* menunjukkan nilai kemaknaan 0,274 dengan taraf kemaknaan yaitu $0,274 > 0,05$ sehingga dapat disimpulkan bahwa tidak terdapat pengaruh waktu inkubasi terhadap kadar glukosa darah pada sampel serum.

Kata kunci : *glukosa darah, waktu inkubasi*

Effect of Incubation Time on Blood Glucose Levels in Serum Samples

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ABSTRACT

There are several methods used to check blood glucose levels, one of which is the glucose-oxidase (GOD-PAP) method. Examination of blood glucose using the GOD-PAP method requires an incubation time of at least 10 minutes. Incubation time delays that are not in accordance with the procedure can affect the results of blood glucose levels. The aim of this study was to determine the effect of incubation time on blood glucose levels in serum samples.

This type of research is experimental. Samples were taken randomly as many as 8 students of DIII Health Analyst, Muhammadiyah University of Semarang, then the samples were examined with an incubation time of 10, 30, 60, and 90 minutes.

The results showed that the average blood glucose level for 10 minutes was 84.38 mg/dL, the 30 minute incubation time was 95.00 mg/dL, the 60 minute incubation time was 88.63 mg/dL, and incubation time for 90 minutes was 82.38 mg/dL. The *One Way Anova* statistical test shows a significance value of 0.274 with a significance level of $0.274 > 0.05$, so it can be concluded that there is no effect of incubation time on blood glucose levels in serum samples.

Keywords : blood glucose, incubation time