

PERBEDAAN INTENSITAS SUARA DENGKUR PADA PENDERITA KEGEMUKAN DENGAN
DIABETES MELITUS (DM) TIPE 2 DAN TANPA DM TIPE 2

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ABSTRACT

Diabetes is a major public health concern with high mortality. Snoring is an independent risk factor for the development of type 2 diabetes, preceded by insulin resistance. Obesity is predisposition factor that lead snoring. Snoring during sleep could be followed by apneic or nonapneic phase. A very significant difference in sound intensity was noted between apneic and nonapneic snoring patient. The aim of this research is to find out the difference of snoring sound intensity in overweight person with type 2 diabetes. This is cross sectional study. Snoring sound record by attached the mp3player to the manubrium sterni and the intensity measured by Audacity and Matlab software. The result of this study statistically analyzed by independent t-test because the member of each group totally separated. The analysis showed the value of $p=0,003(p<0.05)$. It means there is a difference of snoring sound intensity in overweight person with type 2 diabetes.

Keywords: snoring sound intensity, overweight, apneic, type 2 diabetes