

ABSTRACT

CORRELATION BETWEEN PSYCHOLOGICAL STRESS AND BLOOD GLUCOSE LEVEL TO THE PATIENT WITH DIABETES MELLITUS (DM) TYPE 2

*Cross sectional study in Poliklinik Diabetes URJ Penyakit Dalam
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Dealing with stress is an important skill for people with diabetes. The combination of stress and diabetes can lead to serious physical illness. Stress in diabetes patients may increase the blood glucose level. If this condition continues, diabetes will be worse. This study was to analyze correlation between psychological stress and blood glucose level in Diabetes Mellitus (DM) Type 2 patient.

This study was cross sectional design. The population were Diabetes Mellitus (DM) Type 2 patients in Poliklinik Diabetes URJ Penyakit Dalam RSU Dr. Soetomo Surabaya. Samples were recruited using consecutive sampling, and there were 62 samples who met the inclusion criteria. The observed variables were the psychological stress and blood glucose level in diabetes patient. Data were collected by questionnaire and interview. Then, data analyzed using Spearman Rank Correlation ($p=0,000$).

The result showed that 6 persons (10 %) had severe stress, 31 persons (50 %) had moderate stress and 25 persons (40 %) had mild stress. The analyze of blood glucose level showed that 40 persons (57 %) had increase of blood glucose level and 22 persons (43 %) had normal blood glucose level. By using analysis non parametric, Spearman's Rank Correlation the result showed that value correlation ($r = 0,700$). It is meant that there is significant correlation between psychological stress and blood glucose level in Diabetes Mellitus (DM) Type 2 patient.

Based on the conclusion, we suggested to promote this information to the diabetes patient to prevent increase of blood glucose level. So, the diabetes patient's quality of life can be better.

Key words: stress, psychological, blood glucose, Diabetes Mellitus, Type 2