

ABSTRACT

Diabetes Mellitus represents the disease chronic if it is not controlled better, hence it will generate the trouble of carbohydrate metabolism process in primary and fat and protein metabolism process. Conducting Diet better prevent the happening of complication diabetes mellitus. Patient of Diabetes mellitus progressively increase it ever greater time also its amount.

Intention of this research was analyzed between relations of pattern of diet of diabetes mellitus with its complication to laboratory inspection. Expected by this research could be useful in diet handling especially the patient was sick at hospital in order to more directional and precisely.

This Research type was analytic observational with the design of cross sectional. The Sample equal to 53 responder was pulled by simple random sampling. As for the variables that were checked were dependent variables, that was result of laboratory inspection including rate of fasting plasma glucose, the creatinine, LDL, triglyceride, and independent variables that was diet pattern including eating schedule, type of foods, waste of primary food, waste of foods of animals, waste of vegetation foods, waste of vegetables, waste of fruits and waste of snacks. Diet pattern influenced by socio-cultural and allergic food.

Result of research shown there was relation of between waste of foods of animals with the rate of LDL with $p < 0.05$, between waste of vegetation foods with the rate of LDL with $p < 0.05$, between waste of vegetables with the rate of LDL with $p < 0.05$, between waste of vegetables with the rate of triglyceride with $p < 0.05$. There was no relation between rate of fasting plasma glucose with the diet pattern, there was no relation between rate of creatinine with the diet pattern, there was no relation between rate of LDL with the eating schedule, type of food, waste of primary food, waste of fruits, waste of snacks. There was no relation between rate of triglyceride with the diet pattern, except waste of vegetables.

Conclusion of this research was diet pattern was not one of factor that was influencing the result of laboratory inspection, however a lot of others still had influenced it. Need the study more circumstantial about factors that was influencing laboratory inspection.

Key words : diet pattern, diabetes mellitus, laboratory inspection.

ABSTRAK

Diabetes mellitus merupakan penyakit kronik yang apabila tidak terkontrol dengan baik maka akan menimbulkan gangguan proses metabolisme karbohidrat secara primer dan sekunder pada lemak dan protein. Penatalaksanaan diet dengan baik mencegah terjadinya komplikasi diabetes mellitus. Penderita diabetes mellitus semakin bertambahnya waktu semakin besar pula jumlahnya.

Tujuan dari penelitian ini adalah untuk menganalisa antara hubungan pola diet diabetes mellitus dengan komplikasi terhadap pemeriksaan laboratorium. Diharapkan penelitian ini dapat bermanfaat di dalam penanganan diet khususnya di rumah sakit agar lebih terarah dan tepat.

Jenis penelitian ini adalah observasional analitik dengan rancangan cross sectional. Sampel sebesar 53 responden yang ditarik dengan cara *simple random sampling*. Adapun variabel yang diteliti adalah variabel terikat yaitu hasil pemeriksaan laboratorium yang mencakup kadar gula darah puasa, creatinine, LDL, trigliserida, dan variabel bebas yaitu pola diet yang mencakup jadwal makan, jenis makan, sisa makanan pokok, sisa makanan lauk hewani, sisa makanan lauk nabati, sisa sayuran, sisa buah dan sisa snack. Pola diet yang dipengaruhi oleh sosio budaya dan makanan alergi

Hasil penelitian menunjukkan ada hubungan antara sisa makanan lauk hewani dengan kadar LDL dengan $p < 0,05$, antara sisa makanan lauk nabati dengan kadar LDL dengan $p < 0,05$, antara sisa sayuran dengan kadar LDL dengan $p < 0,05$, antara sisa sayuran dengan kadar trigliserida dengan $p < 0,05$. Tidak ada hubungan antara kadar gula darah puasa dengan pola diet, tidak ada hubungan antara kadar creatinine dengan pola diet, tidak ada hubungan antara kadar LDL dengan jadwal makan, jenis makan, sisa makanan pokok, sisa buah, sisa snack. Tidak ada hubungan antara kadar trigliserida dengan pola diet, kecuali sisa sayuran.

Kesimpulan dari hasil penelitian ini yaitu pola diet bukan salah satu faktor yang mempengaruhi hasil pemeriksaan laboratorium akan tetapi masih banyak faktor lain yang mempengaruhinya. Perlu pengkajian lebih mendalam tentang faktor-faktor yang mempengaruhi pemeriksaan laboratorium.

Kata kunci : pola diet, diabetes mellitus, pemeriksaan laboratorium.