

INTISARI

Amriyani Y. 2018. Hubungan Antara Depresi Dengan Kadar HbA_{1c} Pada Pasien Diabetes Melitus Tipe 2 di Rumah Sakit Umum Daerah Dr. Moewardi. Program Studi D-IV Analisis Kesehatan, Fakultas Ilmu Kesehatan, Universitas Setia Budi.

Diabetes melitus tipe 2 merupakan kondisi saat gula darah dalam tubuh tidak terkontrol akibat gangguan sensitivitas sel β pankreas untuk menghasilkan hormon insulin yang berperan sebagai pengontrol kadar gula dalam tubuh. Depresi akan berdampak pada kurang terkontrolnya kadar gula darah pasien. Hemoglobin Terглиkosisilasi (HbA_{1c}) adalah pemeriksaan untuk mengetahui kadar gula darah seorang pasien cukup terkontrol atau tidak. Penelitian ini dilakukan dengan tujuan untuk mengetahui hubungan antara depresi dengan kadar HbA_{1c} pada pasien diabetes melitus tipe 2 di Rumah Sakit Umum Daerah Dr. Moewardi.

Penelitian ini menggunakan desain penelitian analitik kuantitatif dengan pendekatan *cross sectional*. Subjek penelitian 30 pasien. Penelitian ini dilakukan di Ruang Rawat Inap Rumah Sakit Umum Daerah Dr. Moewardi pada bulan Mei 2018. Depresi diukur menggunakan kuesioner *Diabetes Distress Scale (DDS)* dan kadar HbA_{1c} dilakukan pengambilan data rekam medis. Analisis data menggunakan uji *chi square* dengan nilai *p value* < 0,05.

Hasil penelitian uji *chi square* yaitu *p value* = 0,002. Hasil penelitian ini disimpulkan ada hubungan antara depresi dengan kadar HbA_{1c} pada pasien diabetes melitus tipe 2 di Rumah Sakit Umum Daerah Dr. Moewardi. Perlu dilakukan penelitian lanjut dengan variabel yang berbeda misalnya pemeriksaan *Glycated Albumin (GA)* atau metode lain misalnya *cohort* dengan populasi selain diabetes melitus tipe 2. Penelitian selanjutnya juga harus memperhatikan lama pasien menderita diabetes melitus tipe 2, penggunaan obat, riwayat penyakit lain dan komplikasi yang dialami.

Kata Kunci : Diabetes melitus tipe 2, Depresi, HbA_{1c}

ABSTRACT

Amriyani Y. 2018. The Relationship Between Depression And Hba1c Levels In Type 2 Diabetes Mellitus Patients At Dr. Moewardi General Hospital. The Study Program of D-IV in Health Analist. The Faculty of Health Sciences. Setia Budi University.

Type 2 diabetes mellitus is a condition when blood sugar in the body is not controlled because of pancreatic β cell sensitivity disorder to produce insulin hormone acting as a controller of sugar levels in the body. Depression will have an impact on the patient's poorly controlled blood sugar levels. Glycosylated Hemoglobin (HbA1c) is an examination to determine whether a patient's blood sugar level is sufficiently controlled or not. The purpose of this study is to investigate the relationship between depression and HbA1c levels in patients with type 2 diabetes mellitus at Dr. Moewardi General Hospital.

This study uses quantitative analytic research design with cross sectional approach. The subjects of research were 30 patients. This research was conducted in the Inpatient Room of Dr. Moewardi General Hospital in May 2018. Depression rate was measured using the Diabetes Distress Scale (DDS) questionnaire and HbA1c levels were checked by medical record data. The data were analyzed using chi square test with p value <0.05 .

The result of the chi square test were p value = 0.002. The result of this study indicated that there was a relationship between depression and HbA1c levels in type 2 diabetes mellitus patients at Dr. Moewardi General Hospital. Further research needs to be done using different variables such as examination of Glycated Albumin (GA) or different methods such as cohorts with different populations. The further research must also pay attention to the duration of patients suffering from type 2 diabetes mellitus, use of drugs, history of other diseases and complications experienced.

Key words: Type 2 Diabetes Mellitus, Depression, HbA_{1c}