

INTISARI

De Jesus, A.M.,2023 Hubungan Kadar HbA1c dengan Hipertensi pada pasien diabetes mellitus di klinik Dili Medical Center Timor-Leste Tahun 2023. Skripsi. Program Studi D4 Analisis Kesehatan, Fakultas Ilmu Kesehatan Universitas Setia Budi Surakarta.

Diabetes Mellitus (DM) adalah penyakit yang terjadi baik saat insulin tidak dapat diproduksi oleh sel beta pankreas, atau saat hormon insulin yang ada tidak dapat berfungsi secara baik untuk menurunkan kadar glukosa dalam darah. Sebanyak 75% penderita DM memiliki kecenderungan untuk terkena hipertensi dua kali lebih besar dibandingkan dengan individu yang tidak DM. Penelitian ini bertujuan untuk mengetahui hubungan kadar HbA1c dengan hipertensi pada pasien diabetes mellitus di klinik *Dili Medical Center* Timor-Leste Tahun 2023.

Jenis penelitian adalah analitik observasional dengan pendekatan *cross sectional*. Lokasi penelitian dilakukan di Klinik Dili Medical Center 1 Juni-1 Juli dengan pengambilan data rekam medis. Populasi dalam penelitian ini adalah pasien DM dengan Hipertensi yang melakukan pemeriksaan di laboratorium dengan teknik total sampling sebanyak 50 pasien. Data hasil pemeriksaan Kadar HbA1c dan tekanan darah diuji normalitas menggunakan *Shapiro wilk* dilanjutkan dengan uji korelasi *spearman rank*.

Hasil kadar HbA1c normal sebanyak 26 (52.0%) dan tinggi sebanyak 24 (28.0%) dan tekanan darah normal sebanyak 29 (58.0%) dan hipertensi sebanyak 21 (42.0%). Uji korelasi kadar HbA1c dengan Hipertensi didapatkan $r=0.416$ ($p=0.003$) sehingga dapat disimpulkan terdapat korelasi positif sedang yang bermakna antara kadar HbA1c dengan Hipertensi pada pasien diabetes mellitus di Klinik Dili Medical Center di Dili, Timor- Leste

Kata Kunci : Kadar HbA1c, Hipertensi, Diabetes Mellitus.

ABSTRACT

De Jesus, AM.,2023 The Relationship between HbA1c Levels and Hypertension in Diabetes Mellitus Patients at the Dili Medical Center Timor-Leste 2023. Thesis. D4 Health Analyst Study Program, Faculty of Health Sciences, Setia Budi University, Surakarta.

Diabetes Mellitus (DM) is a disease that occurs either when insulin cannot be produced by pancreatic beta cells, or when the existing insulin hormone cannot function properly to lower blood glucose levels. As many as 75% of DM sufferers have a tendency to develop hypertension two times greater than individuals who do not have DM. This study aims to determine the relationship between HbA1c levels and hypertension in diabetes mellitus patients at the Dili Medical Center Timor-Leste clinic in 2023.

This type of research is observational analytic with *cross sectional approach* . The research location was carried out at the Dili Medical Center Clinic from 1 June to 1 July by taking medical record data. The population in this study were DM patients with hypertension who performed laboratory tests using a total sampling technique of 50 patients. Examination data for HbA1c levels and blood pressure were tested for normality using *the Shapiro Wilk followed by the Spearman rank correlation test* .

The results of normal HbA1c levels were 26 (52.0%) and high were 24 (28.0%) and normal blood pressure were 29 (58.0%) and hypertension were 21 (42.0%). The correlation test of HbA1c levels with hypertension obtained $r=0.416$ ($p=0.003$) so that it can be concluded that there is a moderate positive significant correlation between HbA1c levels and hypertension in diabetes mellitus patients at the Dili Medical Center Clinic in Dili, Timor-Leste

Keywords: HbA1c levels, hypertension, diabetes mellitus.