ABSTRACT

RENA TRI NUR HIKMAH

RISK FACTORS RELATED WITH THE INCIDENCE OF DIABETES MELLITUS IN THE MIDDLE AGE (45-59 YEARS OLD) IN THE WORKING AREA OF THE UPTD PUSKESMAS DAYEUHLUHUR I IN THE DISTRICT OF CILACAP

Background: Diabetes mellitus is a chronic disease where blood sugar levels are high because the body can't release or use insulin so that blood sugar levels can't be metabolized. Indonesia is in fifth position with the number of people with diabetes mellitus of 19.47 million in 2021 and it is estimated that this number will reach 28.57 million in 2045. Purpose: This study aims to determine the risk factors associated with the incidence of diabetes mellitus in the middle age (aged 45-59 years old) in the working area of the UPTD Puskesmas Dayeuhluhur I in the district of Cilacap. Methods: This research is a quantitative study with a case control design. Sampling using quota sampling and accidental sampling method. The research samples obtained were 72 respondents in the case group and 72 respondents in the control group. The dependent variable in this study is the incidence of diabetes mellitus in the middle age, while the independent variables in this study are family history, obesity, hypertension, and smoking habits. Data analysis used the chi-square test to analyze the relationship between the two variables. Results: Based on the results of bivariate analysis, it was found that the risk factors associated with diabetes mellitus in the middle age were family history (p value= 0.043: OR= 2.553), obesity (p value= 0.011: OR= 2.567), hypertension (p value= 0.006: OR= 2.838). Conclusion: Based on the results of the study, it shows that family history, obesity, and hypertension have a significant relationship with the incidence of diabetes mellitus in the middle age in the working area of the UPTD Puskesmas Dayeuhluhur I in the district of Cilacap. Suggestion: It is expected to be able to control modifiable and non-modifiable risk factors.

Keywords: Diabetes Mellitus, risk factors, middle age