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2025**

ABSTRAK

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FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KADAR GULA DARAH PADA PESERTA POSBINDU PTM DESA RAJADESA KAB CIAMIS TAHUN 2025

Diabetes Melitus (DM) tipe 2 merupakan salah satu penyakit tidak menular dengan prevalensi yang terus meningkat secara global maupun nasional. Deteksi dini faktor risiko melalui Posbindu PTM penting untuk mencegah komplikasi. Menganalisis faktor-faktor yang berhubungan dengan kadar gula darah pada peserta Posbindu PTM di Desa Rajadesa, Kabupaten Ciamis tahun 2025. Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross-sectional*. Sampel sebanyak 131 orang dipilih secara *simple random sampling* dari data skrining Posbindu PTM tahun 2024. Variabel independen meliputi umur, jenis kelamin, Indeks Massa Tubuh (IMT), hipertensi, dan obesitas sentral, sedangkan variabel dependen adalah kadar gula darah. Analisis data dilakukan dengan uji Chi-Square pada tingkat signifikansi 5%. Mayoritas responden berusia lansia (88%), perempuan (69%), memiliki IMT obesitas (79%), hipertensi (73%), dan obesitas sentral (80%). Kadar gula darah menunjukkan 57% prediabetes dan 43% diabetes. Terdapat hubungan signifikan antara umur, IMT, hipertensi, dan obesitas sentral dengan kadar gula darah ($p < 0,05$), sedangkan jenis kelamin tidak menunjukkan hubungan signifikan ($p > 0,05$). Usia lanjut, obesitas, hipertensi, dan obesitas sentral merupakan faktor risiko yang berhubungan dengan kadar gula darah. Perlu meningkatkan edukasi mengenai hipertensi, obesitas sentral, IMT, melakukan pemantauan rutin kadar gula darah dan tekanan darah, serta menyediakan konseling gizi bagi masyarakat berisiko tinggi.

Kata Kunci: Diabetes Melitus Tipe 2, Kadar Gula Darah, IMT, Hipertensi, Obesitas Sentral

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**FACTORS ASSOCIATED WITH BLOOD GLUCOSE LEVELS AMONG
POSBINDU PTM PARTICIPANTS IN RAJADESA VILLAGE, CIAMIS
REGENCY IN 2025**

ABSTRACT

Type 2 Diabetes Mellitus (T2DM) is one of the leading non-communicable diseases with a prevalence that continues to increase both globally and nationally. Early detection of risk factors through Posbindu PTM is essential to prevent complications. To analyze factors associated with blood glucose levels among participants of Posbindu PTM in Rajadesa Village, Ciamis Regency, in 2025. This study employed a quantitative design with a cross-sectional approach. A total of 131 respondents were selected using simple random sampling from the 2024 Posbindu PTM screening data. Independent variables included age, sex, Body Mass Index (BMI), hypertension, and central obesity, while the dependent variable was blood glucose level. Data were analyzed using the Chi-Square test with a significance level of 5%. Most respondents were elderly (88%), female (69%), obese based on BMI (79%), hypertensive (73%), and had central obesity (80%). Blood glucose levels showed 57% in the prediabetes category and 43% in the diabetes category. Bivariate analysis revealed significant associations between age, BMI, hypertension, and central obesity with blood glucose levels ($p < 0.05$), while sex was not significantly associated ($p > 0.05$). Advanced age, obesity, hypertension, and central obesity are significant risk factors influencing blood glucose levels. It is important to enhance education on hypertension and central obesity, BMI, conduct routine monitoring of blood glucose and blood pressure, and provide nutritional counseling for high-risk populations

Keywords: *Type 2 Diabetes Mellitus, Blood Glucose, BMI, Hypertension, Central Obesity*