



A Peer Reviewed International Journal of Asian
Academic Research Associates

AARJSH
ASIAN ACADEMIC RESEARCH
JOURNAL OF SOCIAL
SCIENCE & HUMANITIES



THE BLOOD SUGAR LEVEL OF DIABETES MELLITUS PATIENTS BASED ON BODY WEIGHT AND EXERCISE HABIT IN 2014

HERWATI¹; WIWISARTIKA²; SUHAIMI³

¹Lecturers of Department of Nursing, Health polytechnic of Ministry of Health Padang

²Lecturers of Department of Nursing, Health polytechnic of Ministry of Health Padang

³Lecturers of Department of Nursing, Health polytechnic of Ministry of Health Padang

Abstract

Cases of Diabetes Mellitus is currently increasing, Diabetes Mellitus is the fourth largest cause of death in the world. WHO estimates that in developing countries in 2025 will appear 80% of new cases of diabetes mellitus; Indonesia is one of the top ten countries with the highest number of cases of diabetes mellitus in the world. Cases of Diabetes Mellitus in city of Padang reached at 17.4% in 2011. The purpose of this study is to know the relationship between body Weight and exercise habit with controlled blood sugar level in patients with Diabetes Mellitus at the Special Polyclinic, Dr. M. Djamil Hospital ,Padang, West Sumatera in 2014. This research design is a cross-sectional study, conducted from January to June 2014 at Dr. M. Djamil hospital ,Padang, West Sumatera in 2014. The population was all patients with Diabetes Mellitus who visited the Special polyclinic, The sampling method was done by accidental sampling with a total sample of 60 people, The collection of data of body weight and body height was taken by weighing and measuring directly by researchers, data of the exercise habit was collected by directly interview with using a questionnaire, the blood sugar levels was gotten by documentation study . And all data was processed by editing, coding, entering, cleaning and analyzed by using univariate and bivariate way. The results showed that 60% of patients with fasting blood sugar levels are uncontrolled and 46.7% of patients with blood sugar of 2 hours after fasting are uncontrolled, 50% of patients are overweight, 63.3% of patients do not exercise in accordance with the principles of exercise, there is no significant relationship ($p > 0,05$) between over body weight and the fasting blood sugar levels or 2 hours after fasting, and there is no a significant relationship ($p > 0.05$) between exercise habit and the fasting blood sugar levels in patients with diabetes mellitus, there is a significant relationship ($p < 0,05$) between exercise habits and 2 hours after fasting at the Special Polyclinic Dr. M. Djamil hospital, Padang, West Sumatera in 2014. It is suggested that the leadership of Dr M. Djamil hospital, Padang, West Sumatera through nurses to improve the delivery of health information related to efforts to control Diabetes Mellitus with body weight control and exercise in accordance with the principles of the exercise, so that the patient's blood sugar levels can be controlled well. For further research is expected to do research on the factors that may affect the level of blood sugar, such as lifestyle, high level of corticosteroids, smoking, and stress.

Keywords: Body weight, exercise habit, blood sugar, patient, Diabetes Mellitus