

POLITEKNIK KESEHATAN TANJUNGPUR
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PROGRAM DIPLOMA TIGA

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**Gambaran Kadar Kolesterol HDL Pada Penderita Diabetes Melitus Tipe 2
Di Puskesmas Way Kandis Tahun 2019-2021**

xv + 22 halaman, 5 tabel, 1 gambar, 9 lampiran

ABSTRAK

Diabetes Melitus atau biasa dikenal dengan penyakit kencing manis adalah penyakit gangguan metabolisme kronis tubuh akibat ketidakmampuan tubuh menggunakan insulin dengan baik dalam mengatur keseimbangan gula darah sehingga meningkatkan kadar gula dalam darah (hiperglikemia). Resistensi insulin menjadi penyebab utama dislipidemia aterogenik, seperti peningkatan kadar kolesterol total, trigliserida, kolesterol LDL, dan penurunan kadar kolesterol (HDL). Tujuan penelitian ini untuk mengetahui distribusi frekuensi kadar kolesterol HDL pada Penderita Diabetes Melitus Tipe 2 berdasarkan usia, jenis kelamin serta berdasarkan kadar Kolesterol HDL di Puskesmas Way Kandis Tahun 2019-2021. Jenis penelitian ini bersifat deskriptif dengan analisa data univariat. Hasil penelitian tahun 2019-2021 didapatkan kadar HDL tertinggi yaitu 87 mg/dL, terendah 12 mg/dL, dan rata-rata 40,3 mg/dL. Berdasarkan kelompok usia terbanyak yaitu kelompok usia 46-55 tahun sebanyak 44 penderita (40,74%) dan terendah kelompok usia 26-35 tahun dengan 1 penderita (0,92%). Berdasarkan jenis kelamin menunjukkan penderita terbanyak laki-laki berjumlah 16 penderita (43,24%) dan perempuan berjumlah 29 penderita (40,84%). Berdasarkan kadar Kolesterol HDL tahun 2019-2021 kadar tidak normal terbanyak berjumlah 23 penderita (43,39%) dan kadar normal berjumlah 21 penderita (38,18%).

Kata kunci : Diabetes Melitus Tipe 2, HDL

Daftar bacaan : 19 (2010-2021)

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**Description Of HDL Cholesterol Levels In Patients Diabetes Melitus Type 2
At Way Kandis Health Center Year 2019-2021**

xv + 22 pages, 5 tables, 1 pictures, 9 attachments

ABSTRACT

Diabetes Mellitus or commonly known as diabetes is a chronic metabolic disorder of the body due to the body's inability to use insulin properly in regulating blood sugar balance, thereby increasing blood sugar levels (hyperglycemia). Insulin resistance is the main cause of atherogenic dyslipidemia, such as increased levels of total cholesterol, triglycerides, LDL cholesterol, and decreased levels of cholesterol (HDL). The purpose of this study was to determine the frequency distribution of HDL cholesterol levels in Type 2 Diabetes Mellitus patients based on age, gender and based on HDL cholesterol levels at the Way Kandis Health Center in 2019-2021. This type of research is descriptive with univariate data analysis. The results of the 2019-2021 study showed that the highest HDL level was 87 mg/dL, the lowest was 12 mg/dL, and the average was 40.3 mg/dL. Based on the highest age group, namely the 46-55 year age group with 44 patients (40.74%) and the lowest in the 26-35 year age group with 1 patient (0.92%). Based on gender, the highest number of patients was male, with 16 patients (43.24%) and women with 29 patients (40.84%). Based on HDL cholesterol levels in 2019-2021 the highest abnormal levels were 23 patients (43.39%) and normal levels were 21 patients (38.18%).

Keywords : Diabetes Mellitus Type 2, HDL

Reading List : 19 (2010-2021)