

POLITEKNIK KESEHATAN TANJUNGPUR

PRODI SARJANA TERAPAN

Skripsi, Juni 2025

Mutiara Utami

Hubungan Kadar HbA1c dengan Kadar Trigliserida pada Pasien Diabetes Mellitus di RSUD Sukadana Kabupaten Lampung Timur

xv + 39 halaman, 3 gambar, 7 tabel dan 10 lampiran

ABSTRAK

Diabetes melitus merupakan penyakit gangguan metabolisme ditandai dengan hiperglikemia disebabkan kurangnya produksi insulin. Penderita DM mengalami penurunan fungsi insulin yang mengakibatkan peningkatan hormone sensitive lipase sehingga menyebabkan lipolysis terjadi pelepasan asam lemak dan gliserol kedalam aliran darah yang menyebabkan peningkatan trigliserida. Jenis penelitian analitik observasional dengan pendekatan cross-sectional. Hasil Penelitian terdapat hubungan antara kadar HbA1c dengan trigliserida pada pasien diabetes mellitus dengan nilai p-value sebesar 0,038 (0,05) dan nilai koefisien korelasi (r) sebesar 0,363 dengan arah korelasi positif yang menunjukkan hubungan lemah dan arah korelasi positif. Pengumpulan data dilakukan melalui hasil pemeriksaan laboratorium pasien dengan kriteria inklusi dan eksklusi. Sampel penelitian berjumlah 33 pasien mayoritas 69,7% berusia diatas 18–59 tahun dan 63,6% lebih banyak Perempuan. Kadar HbA1c Rata-rata 9.32%. Kadar HbA1c tertinggi 14,7% dan kadar HbA1c terendah 6.00%. Kadar Trigliserida Rata-rata 241 mg/dL, dengan 24,2% Trigliserida normal dan 75,8% diantaranya mengalami trigliserida tinggi.

Kata Kunci : HbA1c, Trigliserida, Diabetes Mellitus

Daftar Bacaan : 29 (2017-2024)

**TANJUNGKARANG HEALTH POLYTECHNIC APPLIED
BACHELOR PROGRAM**

Skripsi, June 2025

Mutiara Utami

Relationship between HbA1c Levels and Triglyceride Levels in Diabetes Mellitus Patients at Sukadana Regional Hospital, East Lampung Regency

xv + 39 pages, 3 figures, 7 tables and 10 appendices

ABSTRACT

Diabetes mellitus is a metabolic disorder characterized by hyperglycemia caused by insufficient insulin production. DM sufferers experience decreased insulin function resulting in increased hormone sensitive lipase, causing lipolysis to release fatty acids and glycerol into the bloodstream, which causes an increase in triglycerides. This type of analytical observational study with a cross-sectional approach. The results of the study showed a relationship between HbA1c levels and triglycerides in diabetes mellitus patients with a p-value of 0.038 (0.05) and a correlation coefficient (r) of 0.363 with a positive correlation direction indicating a weak relationship and a positive correlation direction. Data collection was carried out through patient laboratory examination results with inclusion and exclusion criteria. The study sample consisted of 33 patients, the majority of whom, 69.7% were aged over 18–59 years and 63.6% were women. The average HbA1c level was 9.32%. The highest HbA1c level was 14.7% and the lowest HbA1c level was 6.00%. Average Triglyceride Levels were 241 mg/dL, with 24.2% having normal triglycerides and 75.8% having high triglycerides.

Kata Kunci : HbA1c, Trigliserida, Diabetes Mellitus
Daftar Bacaan : 29 (2017-2024)