

Hubungan Kebiasaan Konsumsi Kopi dengan Kadar Glukosa Darah Puasa pada Pasien Diabetes Melitus Tipe 2 Dewasa Akhir

Ni Putu Ari Trisma Damayanti^{1*}, Martha Ardiaria¹, Ayu Rahadiyanti¹, Adriyan Pramono¹

ABSTRAK

Latar Belakang: Diabetes melitus tipe 2 merupakan penyakit *silent killer* yang ditandai dengan hiperglikemia. Kadar glukosa darah dapat dipengaruhi oleh kebiasaan konsumsi kopi. Masih terdapat perbedaan hasil pada penelitian-penelitian sebelumnya terkait hubungan konsumsi kopi dengan kadar glukosa darah puasa pengidap diabetes melitus tipe 2.

Tujuan: Untuk menganalisis hubungan kebiasaan konsumsi kopi dengan kadar glukosa darah puasa pada pasien diabetes melitus tipe 2.

Metode: Penelitian ini menggunakan desain penelitian *cross-sectional* yang dilaksanakan di UPTD Puskesmas Kedungmundu Kota Semarang dengan sampel penelitian sebanyak 40 orang. Data konsumsi kopi diukur menggunakan SQ-FFQ dan data glukosa darah puasa didapatkan dari hasil uji Lab Cito Kota Semarang.

Hasil: Analisis bivariat menunjukkan nilai sig (2-tailed) = 0,000 < p (0,05) dengan nilai *pearson correlation* = -0,915, hal tersebut menunjukkan semakin tinggi konsumsi kopi maka semakin rendah kadar glukosa darah puasa. Berdasarkan analisis multivariat, asupan serat, aktivitas fisik, dan konsumsi kopi memiliki pengaruh kontribusi sebesar 89,5% terhadap variabel terikat, yaitu kadar glukosa darah puasa dengan nilai $R^2 = 89,5\%$.

Simpulan: Terdapat hubungan yang signifikan antara kebiasaan konsumsi kopi dengan kadar glukosa darah puasa pada pasien diabetes melitus tipe 2 dewasa akhir.

Kata Kunci: Diabetes Melitus Tipe 2, Konsumsi Kopi, Glukosa Darah Puasa

¹Program Studi Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang

*Korespondensi: Email: aritrismad@students.undip.ac.id

The Relationship between Coffee Consumption Habits and Fasting Blood Glucose Levels in Late Adult Type 2 Diabetes Mellitus Patients

Ni Putu Ari Trisma Damayanti¹, Martha Ardiaria¹, Ayu Rahadiyanti¹, Adriyan Pramono¹

ABSTRACT

Background: Type 2 diabetes mellitus is a silent killer disease characterized by hyperglycemia. Blood glucose levels can be influenced by coffee consumption. There are still differences in results in previous studies regarding the relationship between coffee consumption and fasting blood glucose levels in people with type 2 diabetes mellitus.

Objective: To analyze the relationship between coffee consumption habits and fasting glucose blood levels in type 2 diabetes mellitus patients.

Method: This research used a cross-sectional research design carried out at the UPTD Kedungmundu Health Center, Semarang City with a research sample of 40 people. Coffee consumption data was measured using SQ-FFQ and fasting blood glucose data was obtained from the Cito Lab test results in Semarang City.

Result: Bivariate analysis shows a sig value (2-tailed) = 0.000 < p (0.05) with the Pearson correlation value = -0.915, this shows a very significant inverse correlation, which means the higher If you consume coffee, the lower your fasting blood glucose levels will be. Based on multivariate analysis, fiber intake, physical activity and coffee consumption have a contribution of 89.5% to the dependent variable, namely fasting blood glucose levels with a value of R² = 89.5%.

Conclusion: There is a significant relationship between coffee consumption habits and fasting blood glucose levels in late adult type 2 diabetes mellitus patients.

Keywords: Type 2 Diabetes Mellitus, Coffee Consumption, Fasting Blood Glucose

¹ Nutrition Department, Faculty of Medicine, Diponegoro University, Semarang

*Correspondence: E-mail: aritrismad@students.undip.ac.id