

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
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PROGRAM STUDI ILMU KEPERAWATAN**

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**HUBUNGAN LAMA MENDERITA DIABETES TIPE 2 DENGAN KEJADIAN
NEUROPATI PERIFER DIABETIK DI POSBINDU CEMPAKA 1 RW 06
KELURAHAN MUNJUL JAKARTA TIMUR**

xvii + 74 + 6 tabel + 2 skema + 12 lampiran

ABSTRAK

Diabetes melitus tipe 2 (DMT2) menjadi masalah kesehatan global, data *Internasional Diabetes Federation* (IDF) (2021) menyatakan setiap tahun prevalensi DMT2 meningkat. Dampak jangka panjang mengakibatkan mikrovaskular seperti neuropati bagian distal yang berisiko terhadap luka kaki. Lama menderita menunjukkan hubungan yang erat dengan neuropati. Penelitian ini dilakukan untuk mengetahui hubungan lama menderita diabetes tipe 2 dengan kejadian neuropati perifer diabetik.

Penelitian menggunakan *observasional analitik* dengan pendekatan *cross sectional*. Sampel menggunakan metode sampling jenuh atau sensus sejumlah 31 responden. Kejadian neuropati diukur dengan kuesioner dari *Michigan Neuropathy Screening Instrument* (MNSI) dan pemeriksaan sensitivitas dengan monofilamen 10g sebagai penilaian objektif pada pernyataan kuesioner MNSI poin tiga, hasil neuropati positif bila diperoleh nilai ≥ 4 . Analisis data bagian pemeriksaan fisik menggunakan *Fisher's Exact Test*. Hasil uji etik penelitian telah dinyatakan "Laik Etik" dari KEPK ITEKes Mahardika. Hasil penelitian diperoleh karakteristik responden memiliki rerata usia sebesar 62,19 tahun (Std.Dev $\pm 8,093$ tahun), perempuan lebih banyak 22 orang (71%) dibandingkan laki-laki. Lama menderita ≥ 5 tahun lebih mendominasi sebesar 61,3% (19 responden). Hasil uji statistik *Fisher's Exact Test* dengan nilai *p-value* $0,007 < \alpha$ ($\alpha = 0,05$) dinyatakan terdapat hubungan yang signifikan antara lama menderita diabetes melitus tipe 2 dengan terjadinya neuropati perifer diabetik.

Semakin lama menderita diabetes melitus tipe 2 maka risiko terjadi neuropati meningkat. Oleh karena itu, penderita diabetes harus menjaga kesehatan dan kontrol gula darah secara rutin, teratur minum obat dan diet serta memeriksa gejala neuropati sebagai antisipasi risiko komplikasi luka kaki yang sulit sembuh.

Kata Kunci : Lama Menderita, Kejadian Neuropati Perifer Diabetik, Diabetes Melitus Tipe 2

Daftar Pustaka : 69 (2015 – 2024)

**MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH
HEALTH FACULTY
Study Program Of Nursing Science**

**Mini Thesis, July 2015
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Correlation Between Long Suffering From Type 2 Diabetes With The Incidence Of Diabetic Peripheral Neuropathy At Posbindu Cempaka 1 RW 06, Munjul Village, East Jakarta

xvii + 74 + 6 tables + 2 scheme + 12 enclosure

ABSTRACT

Type 2 diabetes mellitus (T2DM) is a global health problem, data from the International Diabetes Federation (IDF) (2021) states that the prevalence of T2DM increases every year. Long-term impacts result in microvascular such as distal neuropathy which is at risk for foot wounds. Duration of suffering shows a close relationship with neuropathy. This study was conducted to determine the relationship between the duration of type 2 diabetes and the incidence of diabetic peripheral neuropathy.

The study used observational analytic with a cross-sectional approach. The sample used a saturated sampling method or census of 31 respondents. The incidence of neuropathy was measured using a questionnaire from the Michigan Neuropathy Screening Instrument (MNSI) and a sensitivity examination with 10g monofilament as an objective assessment of the MNSI questionnaire statement point three, positive neuropathy results if a value of ≥ 4 is obtained. Analysis of data from the physical examination section using Fisher's Exact Test. The results of the research ethics test have been declared "Ethical Eligibility" by KEPK ITEKes Mahardika.

The results of the study obtained the characteristics of respondents with an average age of 62.19 years (Std.Dev ± 8.093 years), women were 22 more people (71%) than men. The duration of suffering ≥ 5 years was more dominant at 61.3% (19 respondents). The results of the Fisher's Exact Test statistical test with a p-value of 0.007 $< \alpha$ ($\alpha = 0.05$) stated that there was a significant relationship between the duration of suffering from type 2 diabetes mellitus and the occurrence of Diabetic Peripheral Neuropathy.

The longer you suffer from type 2 diabetes mellitus, the risk of neuropathy increases. Therefore, diabetes sufferers must maintain their health and control their blood sugar regularly, regularly take medication and diet and check for symptoms of neuropathy as an anticipation of the risk of complications of foot wounds that are difficult to heal.

Keywords: Long Suffering, Incidence Of Diabetic Peripheral Neuropathy, Type 2 Diabetes

Referencies : 69 (2015 – 2024)