

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
UNIVERSITAS ISLAM SULTAN AGUNG
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ABSTRAK

Nurul Inayati

**HUBUNGAN STRESS DAN DUKUNGAN KELUARGA DENGAN
TINGKAT KADAR GLUKOSA DARAH PASIEN DIABETES MELLITUS
DI KLINIK ANISAH DEMAK**

52 Hal + 10 tabel + xv

Latar Belakang:Diabetes Mellitus merupakan penyakit kronik yang kondisinya sangat ditentukan oleh kadar glukosa darah.Ketidakstabilan kadar glukosa darah pada penderita DM dipengaruhi oleh banyak hal diantaranya, diit, aktivitas fisik, dan pengobatan. Selain itu, kondisi psikologis juga memiliki pengaruh terhadap kadar glukosa darah seperti kondisi stress dan dukungan keluarga.Tujuan penelitian ini untuk mengetahui hubungan stress dan dukungan keluarga dengan tingkat kadar glukosa darah.

Metode: Penelitian ini merupakan penelitian kuantitatif *survey analitik* desain yang digunakan adalah *survey crosssectional*. Pengumpulan data dilakukan dengan menggunakan kuesioner DASS dan HDFS. Sampel dalam penelitian ini sebanyak 73 responden. Pengambilan sampel menggunakan *total sampling*. Data dianalisis melalui *uji Pearson*.

Hasil: Responden berumur rentang 56 sampai 65 tahun sebanyak 44,2%, sebagian besar responden berjenis kelamin perempuan sebanyak 69,9%. Responden lama menderita DM 1 sampai 5 tahun sebanyak 75,3%. Rata-rata kadar glukosa darah yaitu > 126 mg/dl 87,7%. Sebagian besar responden mengalami stress berat sebanyak 46,6%. Responden mendapat dukungan keluarga buruk sebanyak 53,4%

Simpulan: Terdapat hubungan antara stress dengan tingkat kadar glukosa darah dengan *pvalue* 0,000. Terdapat hubungan antara dukungan keluarga dengan tingkat kadar glukosa dengan *pvalue*0,000.

Kata kunci: stress, dukungan keluarga, tingkat kadar glukosa darah

Daftar pustaka: 35 (2006-2014)

**UNDERGRADUATE NURSING STUDY PROGRAM
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ABSTRACT

Nurul Inayati

**RELATED STRESS AND FAMILY SUPPORT WITH BLOOD
GLUCOSE LEVEL DEGREE PATIENT DIABETES MELLITUS IN THE
ANISAH CLINIC DEMAK**

80 pages + 12 tables + xv

Background: Diabetes Mellitus was chronic disease that condition very fixed because blood glucose level. Unstable blood glucose level at patient DM influence by many matter, example: diet, physical activity, and medicine. In addition, psychology condition also had influence about blood glucose level, like stress condition and family support. The purpose of the research is to discover related stress and family support with blood glucose level degree.

Method : This study was survey analytic quantitative research. The design used was a survey cross-sectional study approach. Accumulation data did with used DASS and HDFS questioner. The sample in this study was 73 respondents, the sample used total sampling. Analysis data used Pearson.

Results : Most of respondents be old 56 until 65 years old. As much 44,2%. Most of the respondents sex is female as much 69,9%. Most of the respondent of patient DM 1 until 5 years as much 75,3%. Most of the mean blood glucose level is > 126 mg/dl 87,7%. Most of the respondent experience serious stress as much 46,6%. Most of the respondent get bad family support as much 53,4%.

Conclusion : There was related between stress with blood glucose level with pvalue 0,000. There was related between family support with blood glucose level with pvalue 0,000

Keywords : Stress, Family support, Blood glucose level degree

Bibliographies : 35 (2004 – 2014)