

Hubungan temperamen dengan pengendalian kadar HBA1C pada penyandang diabetes melitus tipe 2 di Poliklinik Metabolik Endokrin RSCM = Relationship between temperament and HBA1C level control in type 2 diabetes mellitus patients in Cipto Mangunkusumo hospital RSCM metabolism endocrine polyclinic / Maria Irene Hendrata

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Abstrak

Latar Belakang: Prevalensi Diabetes Melitus (DM) tipe 2 cenderung meningkat di seluruh dunia dan keteraturan pengobatan masih menjadi masalah hingga saat ini. Penelitian terdahulu menemukan bahwa terdapat hubungan antara temperamen dengan kontrol glukosa namun belum banyak penelitian yang membahas hal ini. Penelitian ini bertujuan mengetahui hubungan antara temperamen dengan terkontrol atau tidak terkontrolnya DM tipe 2.

Metode: Penelitian ini adalah penelitian analitik potong lintang. Pengambilan sampel dilakukan dengan consecutive sampling pada 110 penyandang DM tipe 2 di Poliklinik Metabolik Endokrin RSCM selama bulan Agustus-Desember 2015. Responden dikelompokkan menjadi penyandang DM terkontrol atau DM tidak terkontrol berdasarkan hasil laboratorium HbA1c terakhir. Responden mengisi kuesioner Modified-Temperament and Character Inventory versi bahasa Indonesia.

Hasil: Hasil penelitian ini menunjukkan bahwa skor temperamen harm avoidance, novelty seeking, dan reward dependence tidak berhubungan bermakna dengan terkontrol atau tidak terkontrolnya DM tipe 2.

Simpulan: Tidak ada hubungan bermakna antara temperamen dengan pengendalian kadar HbA1c pada penyandang DM tipe 2.

Background: Prevalence on type 2 Diabetes Mellitus (DM) tend to increase across the world and regulating treatment still being one of the matters to be discussed until recently. Previous research had found that there are correlations between temperament with glucose control but with limited study on that area. This research aim to qualify the relationship between temperament to controllable or uncontrollable type 2 DM.

Method: This research is a cross sectional sampling method. Sampling conducted with consecutive sampling on 110 respondents with type 2 DM in RSCM Metabolism Endocrine Polyclinic, sampling was done between August to December 2015. Respondents are grouped to two different groups which is controllable DM and uncontrollable DM based on last HbA1c laboratory results. Respondents were requested to fill up Modified-Temperament and Character Inventory questionnaire in Bahasa Indonesia.

Results: Result on this research indicates that temperament score in harm avoidance, novelty seeking, and reward dependence are unrelated with whether Type 2 DM being controllable or uncontrollable.

Conclusion: Absent of significant relation between temperament and HbA1c level control in type 2 DM patients.</i>