

Analisis pola makan dan aktivitas fisik penderita diabetes mellitus tipe 2 di PT. X = Analysis of dietary patterns and physical activity of type 2 diabetes mellitus at PT. X

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Abstrak

Diabetes Melitus Tipe 2 DMT2 disebabkan oleh gaya hidup tidak sehat. Karyawan PT.X menderita DMT2 dengan prevalensi 6,5%. Tujuan penelitian ini menganalisis pola makan dan aktivitas fisik penderita DMT 2; dengan metode penelitian kualitatif analisis deskriptif pada 12 responden. Pola makan diukur menggunakan kuesioner Food Frequency Questionnaire FFQ dan aktivitas fisik dengan International Physical Activity Questionnaire IPAQ; serta dilakukan observasi dan wawancara mendalam. Hasil penelitian menunjukkan bahwa; karakteristik dari 12 orang responden berumur 40-75 tahun; laki-laki 91,7%; dan responden yang memiliki riwayat keluarga DM 58,3%. Pola makan responden tidak teratur; konsumsi karbohidrat berlebih atau tinggi Indeks Glikemiknya IG; aktivitas responden kategori ringan dan jarang berolahraga. Rata-rata Metabolic Equivalent MET responden secara total dari aktivitas kerja; aktivitas transportasi; kegiatan di rumah dan berkebun; olahraga yaitu di bawah 600 MET-menit/minggu; responden beralasan tidak ada waktu dan malas berolahraga. Disarankan program promosi kesehatan tentang makanan sehat atau rendah IG untuk karyawan dan istrinya; bila memungkinkan perusahaan menyediakan makanan sehat bagi karyawan; promosi pentingnya olahraga dan membuat program olahraga untuk mengimbangi aktivitas kerja yang ringan.

.....Diabetes is a non-infectious disease to 4 causes of death in Indonesia; prevalence of 6.9%; occurs at 15 years old (Kemenkes; 2014); Nearly 90% are Type 2 Diabetes Mellitus (T2DM) caused by unhealthy lifestyles. PT.X employees suffer from T2DM with a prevalence of 6.5%. The purpose of this study to analyze patterns of eating and physical activity of the patient DMT 2; with qualitative research methods of descriptive analysis on 12 respondents. The diet was measured by Food Frequency Questionnaire questionnaire and physical activity with International Physical Activity Questionnaire; and observation and in-depth interviews were conducted. The results showed that the characteristics of 12 respondents were 40 years old (75%); male (91.7%); and respondents who had a family history of DM (58.3%). Irregular eating patterns; excessive carbohydrate consumption or high Glycemic Index (GI). The activity of respondents in the category of mild and rarely exercise. Mean Total Metabolic Equivalent (MET) respondents from total work activities; transportation; domestic; exercise is below 600 MET-minutes/week; Respondents reasoned no time and lazy to exercise. Suggested health promotion programs on healthy or low GI foods for employees and their wives; if possible company provides healthy foods and create sports programs.