

BAB VII

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Penelitian tentang Hubungan antara Riwayat Diabetes di Keluarga dan Umur Kejadian DM pada Pasien DM Tipe 2 dapat diambil kesimpulan menjadi beberapa hal sebagai berikut :

1. Jumlah subjek dengan berjenis kelamin laki-laki adalah 46 orang dan perempuan 48 orang dengan total 94 subjek. Data indeks massa tubuh yang didapatkan adalah 59 subjek, dengan 4 subjek berindeks massa tubuh $<18,5 \text{ kg/m}^2$, $18,5 - 22,9 \text{ kg/m}^2$ berjumlah 20 subjek, $23-24,9 \text{ kg/m}^2$ berjumlah 6 subjek, dan $\geq 25 \text{ kg/m}^2$ berjumlah 29 subjek. Jumlah subjek yang memiliki data aktivitas fisik dan riwayat merokok ialah 50 subjek. 35 subjek melakukan aktivitas fisik <150 menit per minggu dan 15 subjek melakukan aktivitas fisik ≥ 150 menit per minggu. Pada data riwayat merokok didapatkan 1 subjek merokok dan 49 subjek tidak merokok.
2. Angka umur kejadian DM yang terkategori *early onset* DM tipe 2 (<45 tahun) adalah 36 subjek dan 58 subjek terkategori *usual onset* DM tipe 2 (≥ 45 tahun).

3. Jumlah subjek yang memiliki riwayat diabetes di keluarga ialah 66 orang dan 28 subjek tidak memiliki riwayat diabetes di keluarga.
4. Terdapat hubungan antara riwayat DM di keluarga dengan umur kejadian DM pada pasien DM tipe 2 ($p=0,028$) dengan prevalensi *early onset* (<45 tahun) DM tipe 2 yang memiliki riwayat diabetes di keluarga yaitu 31,9% dari seluruh total populasi penelitian yaitu 94 subjek.

7.2 Saran

1. Proses pelaksanaan penelitian sebaiknya dilakukan bentuk bakti sosial dengan pemeriksaan klinis gratis kemudian dilakukan bersama kelompok sehingga jumlah subjek penelitian yang didapatkan lebih banyak dan lebih efisien agar sensitivitas dari penelitian bertambah.
2. Penelitian ini juga dapat menjadi suatu referensi bagi masyarakat untuk melakukan prevensi dalam menanggulangi terjadinya *early onset* (<45 tahun) DM tipe 2, dengan cara tetap menjaga pola hidup yang lebih baik dan sebaiknya dilakukan skrining rutin akan gula darah

pada masyarakat yang dimulai dari umur 30 tahun, dikarenakan prevalensi pada *early onset* (<45 tahun) DM tipe 2 juga meningkat di seluruh dunia dan juga berdasarkan hasil penelitian prevalensi umur 30 – 40 tahun yang menderita DM tipe 2 juga tinggi.

3. Saran untuk penelitian selanjutnya sebaiknya dilakukan penelitian terhadap komplikasi pada *early onset* (<45 tahun) DM tipe 2 dan pada *usual onset* ($\geq$ 45 tahun) DM tipe 2.

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