

## HUBUNGAN AKTIVITAS FISIK MINGGUAN, TINGKAT KONSUMSI KARBOHIDRAT DAN SERAT DENGAN KADAR GULA DARAH LANJUT USIA AWAL DAN AKHIR DI POSBINDU SEHATI

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| <b>Title</b>          | HUBUNGAN AKTIVITAS FISIK MINGGUAN, TINGKAT KONSUMSI KARBOHIDRAT DAN SERAT DENGAN KADAR GULA DARAH LANJUT USIA AWAL DAN AKHIR DI POSBINDU SEHATI                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Author Order</b>   | of                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Accreditation</b>  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Abstract</b>       | <p>ABSTRACT The incidence of Diabetes Melitus has increased. Someone with age &gt; 45 years has exposed the risk of Diabetes Melitus. Increasing of Diabetes Melitus can increase the risk of other diseases and death. Treatment on people affected by the disease of Diabetes Melitus can be done through the intake of food and physical activity. Find out about relation between weekly physical activity, the level consumption of carbohydrates and fibers on blood sugar concentration of the beginning and end the elderly at Posbindu Sehati. Total of the respondents are 46 and all of them are female by the average age 54.72. 41 respondents are graduated from primary school and Junior High school. The average of physical activity respondents is 4364.98. 23 people included in the category of less of the level consumption of carbohydrates. While the level consumption of respondents entirely fiber was much less. The result showed that the physical activity, the level consumption of carbohydrates and fibers had no relationship with blood sugar fasting month in elderly the beginning and the end with p each 0.661; 0.327; and 0.530. The results show that the variable physical activity, the level consumption of carbohydrates and fibers has no relationship with fasting blood sugar levels at the beginning and end of the elderly with value p each 0.661; 0.327; and 0.530. Physical activity, the level consumption of carbohydrates and fibers not related with fasting blood sugar levels. &amp;nbsp;Keywords: Physical activity, carbohydrates, fibers, fasting blood sugar levels. ABSTRAK Latar Belakang: Kejadian Diabetes Melitus telah meningkat. Seseorang dengan usia &gt; 45 tahun telah terkena risiko Diabetes Melitus. Meningkatnya Diabetes Melitus dapat meningkatkan risiko penyakit dan kematian lainnya. Pengobatan pada orang yang terkena penyakit Diabetes Melitus bisa dilakukan melalui asupan makanan dan aktivitas fisik. Tujuan Penelitian: Cari tahu tentang hubungan antara aktivitas fisik mingguan, tingkat konsumsi karbohidrat dan serat pada concentration gula darah awal dan akhir lansia di Posbindu Sehati. Metodologi: Jumlah responden adalah 46 dan semuanya perempuan dengan usia rata-rata 54,72. 41 responden lulus dari sekolah dasar dan sekolah menengah pertama. Rata-rata aktivitas fisik responden adalah 4364,98. 23 orang termasuk dalam kategori kurang dari tingkat konsumsi karbohidrat. Sedangkan tingkat konsumsi responden seluruhnya serat jauh lebih sedikit. Hasil penelitian menunjukkan bahwa aktivitas fisik, tingkat konsumsi karbohidrat dan serat tidak memiliki hubungan dengan bulan puasa gula pada lansia awal dan akhir dengan p masing-masing 0,661; 0,327; dan 0,530 Hasil Penelitian: Hasil penelitian menunjukkan bahwa variabel aktivitas fisik, tingkat konsumsi karbohidrat dan serat tidak memiliki hubungan dengan tingkat gula darah puasa pada awal dan akhir lansia dengan nilai p masing-masing sebesar 0,661; 0,327; dan 0,530. Kesimpulan: Aktivitas fisik, tingkat konsumsi karbohidrat dan serat tidak berhubungan dengan kadar gula darah puasa. Kata kunci: Aktivitas fisik, karbohidrat, serat, kadar gula darah puasa.</p> |
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