

THE RELATIONSHIP BETWEEN DAILY LIFESTYLE AND BLOOD SUGAR LEVELS IN TYPE 2 DIABETES PATIENTS WHO ARE RECEIVING TREATMENTS

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ABSTRACT

Background: Lifestyle plays a crucial role in the management of type 2 diabetes mellitus (DM). Poor lifestyle habits remain a major problem in the management of type 2 diabetes mellitus (DM), especially in patients already undergoing treatment but still experiencing difficulty maintaining normal blood sugar levels. **Objective:** To determine the relationship between daily lifestyle and blood sugar levels in patients with type 2 DM receiving treatment. **Research Methods:** This study used a cross-sectional design. A total of 74 respondents were recruited using a purposive sampling method. The study was conducted during October 2025. The research instrument was a daily lifestyle questionnaire. Bivariate analysis used the Spearman Rank test. **Research Results:** The majority of respondents (59 respondents) had an unhealthy lifestyle (79.7%), and the majority (62 respondents) had high blood sugar levels (>126 mg/dl). The Spearman Rank test yielded a p-value of 0.00 ($p < 0.05$), indicating a significant relationship between daily lifestyle and blood sugar levels. **Conclusion:** There is a relationship between daily lifestyle and blood sugar levels in patients with type 2 diabetes mellitus receiving treatment. **Recommendation :** Community health centers are expected to actively involve patients with type 2 diabetes in monitoring their blood sugar and lifestyle independently to help patients control their blood sugar levels effectively.

Keywords: Lifestyle, Blood Sugar Levels, Type 2 Diabetes Mellitus