

ABSTRAK

Elis Wulandari (2026), Gambaran Faktor Risiko Diabetes Mellitus Pada Remaja Melalui Pemeriksaan *Finnish Diabetes Risk Score* (FINDRISC) Di Sma Negeri 1 Babadan. Karya Tulis Ilmiah, Program Studi DIII Keperawatan Kampus Kab. Ponorogo, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang. Pembimbing Dr. Nurul Pujiastuti, S.Kep, Ns., M.Kes.

Diabetes Mellitus merupakan penyakit metabolik yang prevalensinya terus meningkat, termasuk pada usia remaja akibat pola hidup kurang sehat. Deteksi dini faktor risiko Diabetes Mellitus penting dilakukan untuk mencegah komplikasi di masa mendatang. Penelitian ini bertujuan mengetahui gambaran faktor risiko Diabetes Mellitus pada remaja melalui pemeriksaan Finnish Diabetes Risk Score (FINDRISC) di SMA Negeri 1 Babadan. Penelitian ini menggunakan desain deskriptif dengan pendekatan kuantitatif. Sampel penelitian berjumlah 50 responden yang dipilih menggunakan teknik accidental sampling. Pengumpulan data dilakukan menggunakan kuesioner FINDRISC, pengukuran antropometri, dan pemeriksaan gula darah. Data dianalisis secara deskriptif dalam bentuk distribusi frekuensi. Hasil penelitian menunjukkan sebagian besar responden memiliki indeks massa tubuh dan lingkar pinggang normal. Namun, sebanyak 52% responden tidak melakukan aktivitas fisik rutin dan 54% tidak mengonsumsi buah serta sayur setiap hari. Sebagian besar responden memiliki kadar gula darah 101–125 mg/dL. Berdasarkan skor FINDRISC, sebanyak 92% responden berada pada kategori risiko rendah. Kesimpulan penelitian menunjukkan sebagian besar remaja berada pada kategori risiko rendah Diabetes Mellitus, namun masih ditemukan faktor risiko dominan berupa kurangnya aktivitas fisik, rendahnya konsumsi buah dan sayur, serta peningkatan kadar gula darah pada sebagian responden.

Kata kunci: Diabetes Mellitus, Remaja, FINDRISC, Faktor Risiko, Gula Darah

ABSTRACT

Elis Wulandari (2026), Description of Diabetes Mellitus Risk Factors Among Adolescents Through Finnish Diabetes Risk Score (FINDRISC) Examination at SMA Negeri 1 Babadan. Scientific Paper, Diploma III Nursing Study Program, Ponorogo Campus, Department of Nursing, Health Polytechnic of the Ministry of Health Malang. Supervisor: Dr. Nurul Pujiastuti, S.Kep., Ns., M.Kes.

Diabetes Mellitus is a metabolic disease with an increasing prevalence, including among adolescents due to unhealthy lifestyles. Early detection of Diabetes Mellitus risk factors is important to prevent future complications. This study used a descriptive design with a quantitative approach. The sample consisted of 50 respondents selected using accidental sampling technique. Data were collected using the FINDRISC questionnaire, anthropometric measurements, and blood glucose examination. Data were analyzed descriptively using frequency distribution tables. The results showed that most respondents had normal body mass index and waist circumference. However, 52% of respondents did not perform regular physical activity and 54% did not consume fruits and vegetables daily. Most respondents had blood glucose levels of 101–125 mg/dL. Based on the FINDRISC score, 92% of respondents were categorized as having low risk. The study concluded that most adolescents were in the low-risk category for Diabetes Mellitus. However, dominant risk factors were still found, including lack of physical activity, low consumption of fruits and vegetables, and increased blood glucose levels in some respondents.

Keywords: *Diabetes Mellitus, adolescents, FINDRISC, risk factors, blood glucose*