

## **ABSTRAK**

Imelia Dyah Marshanda (2026), Gambaran Risiko Penyakit Jantung Pada Pasien Diabetes Mellitus Di Wilayah Kerja Puskesmas Jambon Kabupaten Ponorogo. Karya Tulis Ilmiah, Program Studi DIII Keperawatan Kampus Kab. Ponorogo, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang. Pembimbing: Endang Purwaningsih, S.Kep, Ns., M.Kep.

Diabetes Mellitus (DM) adalah masalah kesehatan global dengan risiko komplikasi serius seperti penyakit jantung. Kadar glukosa darah tinggi secara kronis memicu kerusakan pembuluh darah atau aterosklerosis yang mempercepat gangguan kardiovaskular. Penelitian deskriptif kuantitatif ini bertujuan mengetahui gambaran risiko penyakit jantung pada pasien DM di wilayah kerja Puskesmas Jambon, Kabupaten Ponorogo. Sebanyak 30 responden dipilih melalui teknik purposive sampling. Instrumen penelitian menggunakan Skor Kardiovaskular Jakarta yang menilai variabel jenis kelamin, usia, tekanan darah, indeks massa tubuh (IMT), status merokok, aktivitas fisik, serta status DM. Hasil penelitian menunjukkan mayoritas responden berada pada kategori risiko tinggi sebanyak 25 orang (83,3%) dan kategori risiko sedang sebanyak 5 orang (16,7%). Dapat disimpulkan bahwa sebagian besar penderita DM di wilayah tersebut berisiko tinggi mengalami penyakit jantung dalam sepuluh tahun ke depan. Disarankan bagi tenaga kesehatan meningkatkan upaya preventif melalui skrining rutin dan edukasi gaya hidup sehat. Penderita DM juga diharapkan lebih aktif beraktivitas fisik serta mengontrol tekanan darah guna meminimalisir risiko komplikasi jantung.

Kata kunci: Diabetes Mellitus, Risiko Penyakit Jantung, Skor Kardiovaskular Jakarta.

## **ABSTRACT**

Imelia Dyah Marshanda (2026), Overview of Heart Disease Risk in Diabetes Mellitus Patients in the Jambon Community Health Center Work Area, Ponorogo Regency. Scientific Paper, Diploma III Nursing Study Program, Ponorogo Regency Campus, Nursing Department, Health Polytechnic, Ministry of Health, Malang. Supervisor: Endang Purwaningsih, S.Kep, Ns., M.Kep.

Diabetes Mellitus (DM) is a global health problem with the risk of serious complications such as heart disease. Chronically high blood glucose levels trigger blood vessel damage, or atherosclerosis, which accelerates cardiovascular disorders. This quantitative descriptive study aims to determine the overview of heart disease risk in DM patients in the Jambon Community Health Center work area, Ponorogo Regency. A total of 30 respondents were selected using a purposive sampling technique. The research instrument used the Jakarta Cardiovascular Score, which assesses variables such as gender, age, blood pressure, body mass index (BMI), smoking status, physical activity, and diabetes status. The study results showed that the majority of respondents were in the high-risk category (25 people (83.3%)), and 5 people (16.7%) were in the moderate-risk category. It can be concluded that the majority of people with diabetes in the region are at high risk of developing heart disease in the next ten years. Healthcare professionals are recommended to increase preventive efforts through routine screening and healthy lifestyle education. People with diabetes are also encouraged to engage in more physical activity and control their blood pressure to minimize the risk of heart complications.

**Keywords:** Diabetes Mellitus, Heart Disease Risk, Jakarta Cardiovascular Score.