

INTISARI

PENGARUH MEROKOK TERHADAP KADAR GULA DARAH PADA REMAJA SISWA SMK AN-NUR AMPEL BOYOLALI

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Latar Belakang: Rokok adalah salah satu produk tembakau yang dimaksudkan untuk dibakar dan dihisap asapnya yang mengandung nikotin. Nikotin dalam rokok telah terbukti mengakibatkan resistensi reseptor insulin dan dapat menurunkan sekresi insulin pada pankreas sel β sehingga dapat meningkatkan kadar gula darah.

Tujuan: Untuk mengetahui pengaruh perilaku merokok terhadap kadar gula pada remaja siswa SMK An-Nur Ampel Boyolali.

Metode: Jenis penelitian ini adalah observasional dengan desain *cross sectional* analitik. Teknik sampling menggunakan *stratified random sampling*. Teknik analisis data menggunakan *Independent Sample T-Test*.

Hasil: (1) Rata-rata kadar gula darah remaja pada kelompok eksperimen diperoleh sebesar 96,35 mg/dL (2) Rata-rata kadar gula darah remaja pada kelompok kontrol diperoleh sebesar 92,84 mg/dL (3) Terdapat pengaruh merokok terhadap kadar gula darah pada remaja (sig. 0,0001).

Simpulan: Ada pengaruh merokok terhadap kadar gula darah pada remaja siswa SMK An-Nur Ampel Boyolali.

Kata Kunci: Merokok, kadar gula darah, remaja, siswa SMK An-Nur

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ABSTRACT

THE EFFECT OF SMOKING ON BLOOD SUGAR LEVELS IN YOUTH AN-NUR VOCATIONAL SCHOOL STUDENTS BOYOLALI AMPEL

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Background: Cigarettes are one of the tobacco products that are intended to be burned and smoked by smoke containing nicotine. Nicotine in cigarettes has been shown to result in insulin receptor resistance and can reduce insulin secretion in the pancreas cell β so that it can increase blood sugar levels.

Objective: To determine the effect of smoking on sugar levels in adolescents of vocational school students An-Nur Ampel Boyolali.

Method: This type of research is observational with analytical cross sectional design. The sampling technique uses stratified random sampling. The data analysis technique uses the Independent Sample T-Test.

Results: (1) The average blood sugar level of adolescents in the experimental group was 96.35 mg / dL, (2) The average blood sugar level of adolescents in the control group was 92.84 mg / dL, (3) There was a smoking effect against blood sugar levels in adolescents (sig. 0,0001).

Conclusion: There is an influence of smoking on blood sugar levels in adolescents of vocational school students An-Nur Ampel Boyolali.

Keywords: Smoking behavior, blood sugar levels, adolescents, An-Nur Vocational students

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