

Relationship between Physical Activity, Sleep Quality and Diet Quality with FBS Levels in Patients with Type 2 DM

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ABSTRACT

Abnormally elevated blood sugar levels are a sign of diabetes mellitus, an extended metabolic disease. People with type 2 diabetes may experience changes in blood sugar levels due to a decrease in insulin or pancreatic secretion. Numerous things, such as lifestyle choices, can affect this. The aim of this study was to investigate the effects of diet, physical activity level, and sleep quality on fasting blood sugar levels in patients with type 2 diabetes mellitus. This study used a cross-sectional methodology as an analytical survey. On 97 subjects, a purposive sample approach was applied. The PSQI, DQI-I, SQ-FFQ, and IPAQ questionnaires were some of the instruments that were employed. The chi-square test was employed to analyze the study's results, and this method was used to examine the results. The multivariate test indicated a significant relationship between sleep quality and FBS levels, with a p-value of 0.00, while the results of the bivariate test indicated a relationship between physical activity, sleep quality, diet, and FBS levels.

Keywords: FBS, Physical Activity, Sleep Quality, Diet, Type 2 DM