

***The Correlation, Eating Pattern, Physical Activity, Sleep Quality with blood glucose levels in people with Type 2 Diabetes Mellitus of Puskesmas Rambipuji Jember***

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**ABSTRACT**

*Diabetes Mellitus disease is the most commonly found. This disease marked by high blood glucose levels and low blood glucose. Diabetes Mellitus can be influenced several factors among others eating pattern, physical activity and sleep quality. This study aims to determine the relationship between eating pattern, physical activity, and sleep quality with blood glucose levels in people with Type 2 Diabetes Mellitus of Puskesmas Rambipuji Jember. This study used cross sectional approach by using the method purposive sampling, conducted from June to July 2016. Retrieving data using questionnaires with means of an interview with respondents. The study involved 72 respondents. Results of the analysis by the Spearman Correlation, relations with the Eating Pattern (number and type) of the glucose levels values obtained 0,603 ( $p > 0.05$ ) showed significant correlation between the two variables. Relations Eating Pattern of the glucose levels values obtained  $p = 0.000$  ( $p < 0,05$ ) showed significant correlation between the two variables. Relationship physical activity of the glucose levels obtained 0,034  $p$  ( $p > 0.05$ ) showed significant correlation between the two variables. Relationship sleep quality of the glucose levels obtained 0,006  $p$  ( $p > 0.05$ ) showed significant correlation between the two variables.*

**Keyword :** *Blood Glucose Level, Diabetes Mellitus, Eating Pattern, Physical Activity, Sleep Quality*