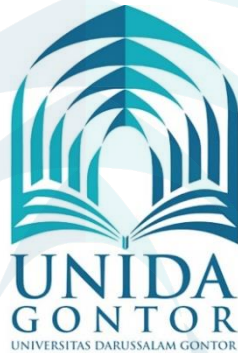


**THESIS**  
**THE RELATIONSHIP BETWEEN BLOOD PRESSURE AND JUNK**  
**FOOD EATING HABITS AND THE INCIDENCE OF TYPE 2**  
**DIABETES MELLITUS AT THE KEDUNGALAR HEALTH**  
**CENTER**



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**PONOROGO**

**2025**

**ABSTRAK**  
**HUBUNGAN TEKANAN DARAH DAN RIWAYAT KEBIASAAN MAKAN**  
***JUNKFOOD* DENGAN KEJADIAN DIABETES MELITUS TIPE 2 DI**  
**PUSKESMAS KEDUNGGALAR**

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Diabetes Melitus menjadi salah satu masalah kesehatan dengan prevalensi yang terus meningkat. DM tipe 2 dipengaruhi oleh berbagai faktor, diantaranya tekanan darah dan riwayat kebiasaan makan *junkfood*. Hubungan antara tekanan darah dengan DM tipe 2 terjadi akibat penebalan dinding pembuluh darah arteri, yang menyebabkan penyempitan diameter pembuluh darah. Sementara itu, riwayat kebiasaan makan *junkfood* yang tinggi garam, gula, dan lemak dapat menyebabkan penumpukan lemak, peningkatan kadar gula darah, yang akhirnya menyebabkan resistensi insulin. Penelitian ini bertujuan untuk menganalisis hubungan antara tekanan darah, dan riwayat kebiasaan makan *junkfood* dengan kejadian DM tipe 2 di Puskesmas Kedunggalar. Metode penelitian yang digunakan adalah desain *case control*. Sampel penelitian dihitung menggunakan rumus *Lameshow*, yaitu sebesar 50 responden pada masing masing kelompok yang di ambil menggunakan *purposive sampling*. Kriteria Inklusi meliputi pasien DM tipe 2 untuk kelompok kasus dan non-DM tipe 2 kelompok kontrol yang berobat di Puskesmas Kedunggalar, mampu berkomunikasi dengan baik secara tertulis maupun lisan, serta berusia 20-59 tahun. Data dianalisis dengan uji *chi-square*. Hasil penelitian menunjukkan bahwa tekanan darah tidak normal pada kelompok DM sebesar 67,7% dan riwayat kebiasaan makan *junkfood* yang tidak baik yaitu sebesar 65%. Hasil uji korelasi terdapat hubungan yang signifikan antara tekanan darah dengan DM tipe 2 (*p-value* 0,002; OR=3,622) serta riwayat kebiasaan makan *junkfood* dengan DM tipe 2 (*p-value* 0,002; OR=3.451). Kesimpulan: Terdapat hubungan signifikan antara tekanan darah tinggi dan riwayat kebiasaan *junkfood* dengan kejadian DM tipe 2 di Puskesmas Kedunggalar.

**Kata Kunci:** DM tipe 2, jenis kelamin , *junkfood* ,tekanan darah, usia

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**ABSTRACT**  
**THE RELATIONSHIP BETWEEN BLOOD PRESSURE AND JUNK FOOD**  
**EATING HABITS AND THE INCIDENCE OF TYPE 2 DIABETES**  
**MELLITUS AT THE KEDUNGALAR HEALTH CENTER**

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Diabetes Mellitus is one of the health problems with increasing prevalence. contributing factors include high pressure and a history of eating junk food. The relationship between blood pressure and type 2 diabetes mellitus (DM) is influenced by the thickening of arterial walls, which narrows the diameter of blood vessels. Additionally, a history of consuming junk food that is high in salt, sugar, and fat can lead to fat accumulation and increased blood sugar levels, ultimately resulting in insulin resistance. This study aims to analyze the relationship between blood pressure and a history of junk food consumption habits in relation to the incidence of type 2 DM at the Kedungalar Health Center. The research method used is a case-control design. Using purposive sampling, the study sample was calculated with the Lameshow formula, resulting in 50 respondents in each group. The inclusion criteria for the study consisted of patients with type 2 diabetes (DM) for the case group and a non-type 2 DM control group. All participants were treated at the Kedungalar Health Center, able to communicate effectively both in writing and verbally, and aged between 20 and 59 years. Data analysis was conducted using the chi-square test. The results indicated that 67.7% of the DM group exhibited abnormal blood pressure, while 65% reported a history of poor eating habits involving junk food. The results of the correlation test indicated a significant relationship between blood pressure and type 2 diabetes mellitus (DM), with a p-value of 0.002 and an odds ratio (OR) of 3.622. Additionally, there was a significant association between a history of junk food eating habits and type 2 DM, also with a p-value of 0.002 and an OR of 3.451. In conclusion, there is a significant connection between high blood pressure and a history of junk food consumption with the incidence of type 2 DM at the Kedungalar Health Center.

**Kata Kunci:** type 2 DM, gender, junk food, blood pressure, age.

**APPROVAL SHEET  
THESIS**

It is hereby stated that the thesis with the title :

**THE RELATIONSHIP BETWEEN BLOOD PRESSURE AND JUNK FOOD EATING  
HABITS AND THE INCIDENCE OF TYPE 2 DIABETES MELLITUS AT THE  
KEDUNGALAR HEALTH CENTER**

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It has been reviewed and recommended to meet scientific standards, in terms of both scope  
and quality

It has been approved to presented on : Thursday 20<sup>th</sup> February 2025

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Dengan ini dinyatakan bahwa skripsi dengan judul:

**HUBUNGAN TEKANAN DARAH DAN RIWAYAT KEBIASAAN MAKAN JUNKFOOD  
DENGAN KEJADIAN DIABETES MELITUS TIPE 2 DI PUSKESMAS  
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## AKNOWLEDGMENT

*Bismillahirrahmanirrahim*

*Assalamu'alaikum Warahmatullahi Wabarakatuh*

All praise is due to Allah SWT, who has provided His guidance and support, enabling me to complete this thesis entitled "The Relationship Between Blood Pressure and Junk Food Eating Habits on the Incidence of Type 2 Diabetes Mellitus at the Kedunggalar Health Center."

With the completion of this thesis, the author wishes to express his deepest gratitude to:

1. Al-Ustadz Prof. Dr. K.H. Hamid Fahmi Zarkasyi MA.Ed., M.Phil. As the Rector of Universitas Darussalam Gontor.
2. Al-ustadz Dr. Abdul Hafidz Zaid, M.A. as the Rector 1 of Universitas Darussalam Gontor
3. Al-Ustadz Setiawan bin Lahuri, M.A. as the Rector 2 Universitas Darussalam Gontor.
4. Al-Ustadz Dr. Khoirul Umam, M.Ec. as the Rector 3 Universitas Darussalam Gontor.
5. Dr. Royyan Ramdhani Djayusman, M.A. as the Rector 4 Universitas Darussalam Gontor.
6. Al-Ustadz apt. Amal Fadholah S.Si., M.Si as the Dean of the Faculty of Health Sciences has provided motivation and guidance throughout the completion of this thesis.
7. Al-Ustadzah Lulu' Luthfiah S.Gz., M.P.H as the head of the Nutrition Science Study Program and the first supervisor, who patiently guided, directed, and motivated the author, enabled him to complete this thesis.
8. Al-Ustadzah Qothrunnadaa Fajr Rooiqoh, S.Tr. Gz., M.Gz. as the second supervisor who provided assistance, direction, and motivation throughout the writing of this thesis.
9. Al-Ustadzah Amilia Yuni Damayanti, S.Gz., M.Gizi. as the examiner has provided input and considerations to enhance this thesis.

10. My extended family has provided prayers, motivation, support, and trust, and they are willing to entertain me when I am bored so that I can complete my thesis with all my heart and extraordinary gratitude.
11. The friends who always support me by keeping my spirits up and listening to my complaints include Khalifa Syakira, Rahil, Salsabila, Miqdad Fadlurrahman, Zaid Bawazier, and Acan.
12. The friends who supported me during my thesis and final process in the dormitory are Zulfa Afifah, Sifia Mutiara, Sania Fauziah, Arsydna, and Nesa Arifah.
13. To my friends in the nutrition science study program, thank you for your support, enthusiasm, and the experiences you have shared with me.
14. All parties who have provided stories, experiences, and colors in the author's daily life from the beginning of studying at this university until the writing of this thesis, whom the author cannot mention individually, are appreciated.

The author recognizes that this writing is far from perfect. Therefore, the author welcomes suggestions and criticism to improve this thesis for all of us.

Ngawi, 21<sup>st</sup> January 2025

Author

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### AUTHENTICITY STATEMENT

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History Of Junkfood Eating Habits And The Incidence Of Type 2  
Diabetes Mellitus At The Kedunggalar Health Center

I sincerely declared that the research in this thesis is my own  
work and doesn't belong to anyone else. Except for some parts with  
original references, this thesis has never been published before.

If it is later determined that this work is plagiarized, I accept  
administrative and academic penalties.

Ponorogo, 6 February 2025

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