**ABSTRAK**

**HUBUNGAN INDEKS MASSA TUBUH DENGAN KADAR GLUKOSA DARAH SEWAKTU PADA MAHASISWA TEKNOLOGI LABORATORIUM MEDIS PROGRAM DIPLOMA TIGA STIKES WIRA MEDIKA BALI**

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Indeks Massa Tubuh (IMT) merupakan metode penilaian status gizi yang berkaitan dengan kekurangan atau kelebihan berat badan, di mana status gizi yang berlebih disertai dengan peningkatan kadar glukosa darah (hiperglikemia) dapat menjadi faktor risiko sindrom metabolik (SM). Penelitian ini bertujuan untuk mengetahui hubungan antara IMT dengan kadar glukosa darah sewaktu pada mahasiswa reguler DIII Teknologi Laboratorium Medis STIKES Wira Medika Bali. Penelitian menggunakan desain analitik observasional dengan pendekatan cross-sectional. Sebanyak 30 responden terlibat, terdiri dari perempuan 25 orang (83,3%) dan laki-laki sebayak 5 orang (16,7%). Hasil pengukuran IMT dengan kategori *underweight* didapatkan sebanyak 4 orang (13,3%); normal 12 orang (40,0%); *overweight* 4 orang (13,3%); obesitas I sebanyak 7 orang (23,4%); dan obesitas II sebanyak 3 orang (10,0%). Hasil pengukuran glukosa menyebutkan seluruh responden memiliki kadar glukosa darah sewaktu normal yaitu <200 mg/dL. Uji Rank Spearman menunjukkan tidak terdapat hubungan bermakna antara IMT dan kadar glukosa darah sewaktu (p = 0,996). Hasil penelitian menunjukkan bahwa tidak terdapat hubungan signifikan antara Indeks Massa Tubuh (IMT) dengan kadar Glukosa Darah Sewaktu (GDS) pada mahasiswa DIII Teknologi Laboratorium Medis STIKES Wira Medika Bali.

**Kata Kunci** : Indeks massa tubuh, Kadar gula darah sewaktu, Sindrom Metabolik

**ABSTRACT**

**CORRELATION BETWEEN BODY MASS INDEX AND RANDOM BLOOD GLUCOSE LEVELS IN MEDICAL LABORATORY TECHNOLOGY STUDENTS OF DIPLOMA THREE PROGRAM**

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Body Mass Index (BMI) is a method of assessing nutritional status related to underweight or overweight, where excessive nutritional status accompanied by increased blood glucose levels (hyperglycemia) can be a risk factor for metabolic syndrome (MS). This study aims to determine the relationship between BMI and random blood glucose levels in regular students of DIII Medical Laboratory Technology STIKES Wira Medika Bali. The study used an analytical observational design with a cross-sectional approach. A total of 30 respondents were involved, consisting of 25 women (83.3%) and 5 men (16.7%). The results of BMI measurements with the underweight category were obtained as many as 4 people (13.3%); normal 12 people (40.0%); overweight 4 people (13.3%); obesity I as many as 7 people (23.4%); and obesity II as many as 3 people (10.0%). The results of glucose measurements stated that all respondents had normal random blood glucose levels, namely <200 mg/dL. Spearman Rank test showed no significant relationship between BMI and random blood glucose levels (p = 0.996). The results of the study showed that there was no significant relationship between Body Mass Index (BMI) and Random Blood Glucose (GDS) levels in DIII Medical Laboratory Technology students of STIKES Wira Medika Bali.

**Keywords :** Body mass index, Random blood sugar levels, Metabolic syndrome