

## ABSTRACT

**Mita Oktasari, NIM: 1534003, 2019**, difference in blood glucose levels in old fasting 8 hours and 10 hours. DIV study Program of Health analysts, Faculty of Health Sciences of the Catholic University of Musi Charitas Palembang.

**Background** : According to the PerMenkes No. 43 of 2013, said that fasting blood glucose examination of the patient needs to be satisfied 10-12 hours before the blood is taken. According to National Lab Test Online (LTO) year 2014 patients will be examined glucose levels fasting for 8 hours. This research was conducted to determine fasting blood glucose levels in the fast duration of 8 hours and 10 hours.

**Method** : This type of research is an analytical observational with Cross Sectional. The subject in this study is a grade II student and a level III DIV of health analyst which amounted to 31 people. Subjects of the study that had fulfilled the criteria of inclusion and exclusion were requested to fast 8 hours later carried out blood sampling for fasting blood glucose screening. After that the subject is asked to continue fasting 2 hours, then taken blood to check blood glucose levels 10 hours, then measured the level of glucose in the serum using the method GOD-PAP. Data was analyzed using T-Test in pairs (Paired T-Tests) with a trust rate of 95%.

**Results** : The average fasting blood glucose level of 8 hours is 106.56 mg/dL while the average blood glucose levels fasting 10 hours by 101.75 mg/dL. The results of the statistical test indicate that there is a difference ( $p = 0.001$ ) between blood glucose levels in the fasting of 8 hours and 10 hours.

**Conclusion** : Based on the results of the study can be concluded that there is a difference in blood glucose levels in the fasting of 8 hours and 10 hours with a value (Sig 2 tailed  $0.001 < 0,0025$ ).

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**Keywords: fasting blood glucose, fasting 8 hours and fasting 10 hours**