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Judul Skripsi : Pengaruh Edukasi Diet Pada Pasien Diabetes Melitus Tipe 2 Terhadap Kestabilan Kadar Gula Darah di ruang Promoter 3 RS. Bhayangkara Tk. I Puskor Polri

ABSTRAK

Latar belakang: Diabetes melitus (DM) merupakan salah satu penyakit degenerative yang banyak ditemukan pada usia produktif hingga lansia. Salah satu faktor yang mempengaruhi tingkat kadar gula darah penderita DM tipe 2 yang berobat adalah menjaga pola makan (diet). Edukasi gizi yang dilaksanakan berulang dan konsisten dapat memberikan perubahan perilaku kepada pasien DM ke arah yang lebih baik. **Tujuan** penelitian ini untuk mengetahui pengaruh edukasi diet pada pasien diabetes Melitus tipe 2 terhadap kestabilan kadar gula darah di ruang Promoter 3 RS. Bhayangkara TK 1 Puskor Polri

Metode: Penelitian ini menggunakan pendekatan *Quasy experiment one group pre and post test*, sampel penelitian ini adalah semua pasien DM tipe 2 sebanyak 89 orang, menggunakan teknik *purposive sampling*. Pengumpulan data menggunakan alat ukur GDS. Analisa data yang digunakan adalah analisis *uji paired sample T test*.

Hasil: hasil penelitian menunjukkan kadar gula darah *pre* edukasi yaitu responden yang memiliki kadar gula darah stabil sebanyak 5 orang (5,6%), dan yang memiliki kadar gula darah tidak stabil sebanyak 84 orang (94,4%). Kadar gula darah *post* edukasi yaitu responden yang memiliki kadar gula darah stabil sebanyak 77 orang (86,5%), dan yang memiliki kadar gula darah tidak stabil sebanyak 12 orang (13,5%). Ada pengaruh edukasi diet pada pasien DM tipe 2 terhadap kestabilan kadar gula darah di ruang Promoter 3 RS. Bhayangkara Tk. I Puskor Polri.

Simpulan: ada pengaruh edukasi diet pada pasien DM tipe 2 terhadap kestabilan kadar gula darah.

Kata Kunci : Edukasi, diet, kadar gula darah, DM tipe 2.
Referensi : 21 (2014-2024)

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ABSTRACT

Background: Diabetes mellitus (DM) is a degenerative disease that is often found in the productive age group to the elderly. One of the factors that influences the blood sugar levels of type 2 DM sufferers who are seeking treatment is maintaining their eating patterns (diet). Nutrition education that is carried out repeatedly and consistently can provide behavioral changes for DM patients for the better. **The aim** of this study was to determine the effect of diet education in type 2 diabetes mellitus patients on the stability of blood sugar levels in the Promoter 3 room of the hospital. Bhayangkara TK 1 Pusedokkes Polri

Method: This study used a Quasy experiment one group pre and post test approach, the sample for this study was all 89 type 2 DM patients, using a purposive sampling technique. Data collection uses the GDS measuring instrument. The data analysis used is paired sample T test analysis.

Results: The results of the study showed that pre-education blood sugar levels were 5 respondents (5.6%) who had stable blood sugar levels, and 84 people (94.4%) had unstable blood sugar levels. Post-education blood sugar levels were 77 respondents (86.5%) who had stable blood sugar levels, and 12 people (13.5%) had unstable blood sugar levels. There is an influence of diet education in type 2 DM patients on the stability of blood sugar levels in the Promoter 3 room of the hospital. Bhayangkara Kindergarten. I Police Health Center.

Conclusion: there is an influence of diet education in type 2 DM patients on the stability of blood sugar levels.

Keywords : Education, diet, blood sugar levels, type 2 DM patients.

Reference : 21 (2014-2024)