

## ABSTRAK

### **Pengaruh Pemberian Air Rebusan Daun Sirsak (*Annona Muricata L.*) terhadap Penurunan Kadar Glukosa Darah Acak pada Penderita Diabetes Melitus di Desa Kemantren Wilayah Kerja UPTD Puskesmas Tulangan Sidoarjo**

Khoirun Nisa' Habiballah<sup>1</sup>, Mohammad Najib<sup>2</sup>, Sri Utami<sup>3</sup>, Siti Nur Kholifah<sup>4</sup>

Prodi Pendidikan Profesi Ners Program Sarjana Terapan Keperawatan,  
Politeknik Kesehatan Kemenkes Surabaya

Email: [khoirunnisa.habiballah@gmail.com](mailto:khoirunnisa.habiballah@gmail.com)

Pemanfaatan tanaman sebagai obat herbal yaitu tanaman sirsak (*annona muricata l.*) merupakan salah satu tanaman antidiabetik dan antioksidan yang mengandung *flavonoid, tannin, dan alkaloid* yang dapat digunakan untuk menurunkan kadar glukosa darah pada penderita diabetes melitus (DM). Penelitian ini bertujuan untuk mengetahui pengaruh pemberian rebusan daun sirsak terhadap penurunan kadar glukosa darah acak pada penderita DM. Rancangan penelitian ini menggunakan metode pra-eksperimental dengan pendekatan *one group pra-post test design*. Sampel penelitian ini adalah 36 penderita DM di Desa Kemantren wilayah kerja UPTD Puskesmas Tulangan Sidoarjo. Variabel yang diteliti yaitu pemberian air rebusan daun sirsak dan penurunan kadar glukosa darah acak penderita DM. Instrumen yang digunakan yaitu air rebusan daun sirsak, lembar observasi, alat ukur *easytouch*. Data dianalisis dengan uji Wilcoxon. Hasil uji analisis diperoleh *p-value=0,000<0,05* yang berarti terdapat pengaruh. Berdasarkan hasil penelitian menunjukkan bahwa terdapat pengaruh pemberian air rebusan daun sirsak (*Annona Muricata L.*) terhadap penurunan kadar glukosa darah acak pada penderita DM di Desa Kemantren Wilayah Kerja UPTD Puskesmas Tulangan Sidoarjo.

Kata Kunci: Daun Sirsak (*Annona Muricata L.*), Kadar glukosa darah, Diabetes melitus (DM)

## ABSTRACT

### **The Effect of Providing Soursop Leaves (*Annona Muricata L.*) Decoction on Decreasing Random Blood Glucose Levels in Diabetes Mellitus Patients in Kemantren Village The Work Area of UPTD Puskesmas Tulangan Sidoarjo**

Khoirun Nisa' Habiballah<sup>1</sup>, Mohammad Najib<sup>2</sup>, Sri Utami<sup>3</sup>, Siti Nur Kholifah<sup>4</sup>

Education of Professional Nurse Program, Applied Nursing Bachelor Program,  
Health Polytechnic Ministry of Health Surabaya

Email: [khoirunnisa.habiballah@gmail.com](mailto:khoirunnisa.habiballah@gmail.com)

The use of plants as herbal medicine, namely the soursop plant (*Annona muricata L.*), was one of the antidiabetic and antioxidant plants that contained flavonoids, tannins, and alkaloids, which could be used to lower blood glucose levels in patients with diabetes mellitus (DM). This study aimed to determine the effect of providing soursop leaves decoction on reducing random blood glucose levels in DM patients. The study design used a pre-experimental method with a one-group pre-post test design approach. The sample of this study consisted of 36 DM patients in Kemantren Village, the working area of UPTD Puskesmas Tulangan Sidoarjo. The variables studied were the use of soursop leaves decoction and the reduction in random blood glucose levels of DM patients. The instruments used were soursop leaves decoction, observation sheets, and an EasyTouch measuring device. Data were analyzed using the Wilcoxon test. The analysis test results obtained a p-value =  $0.000 < 0.05$ , which meant there was an effect. Based on the research results, it was shown that there was an effect of using soursop leaves decoction (*Annona muricata L.*) on reducing random blood glucose levels in DM patients in Kemantren Village, the working area of UPTD Puskesmas Tulangan Sidoarjo.

Keywords: Soursop leaves (*Annona Muricata L.*), Blood glucose levels, Diabetes mellitus (DM)