

ABSTRAK

PENGARUH PEMBERIAN NASI JAGUNG INSTAN TERHADAP GLUKOSA DARAH PADA PENDERITA DIABETES MELITUS TIPE II DI WILAYAH PUSKESMAS WARU SIDOARJO

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Diabetes Melitus merupakan penyakit kronik yang menyerang metabolisme ditandai dengan adanya peningkatan glukosa darah yang menyebabkan hiperglikemia. Manajemen glukosa darah dapat dilakukan dengan mengganti nasi putih dengan nasi jagung. Tujuan penelitian ini untuk pengaruh nasi jagung instan terhadap glukosa darah pada penderita Diabetes Melitus Tipe II. Jenis penelitian ini adalah kuantitatif menggunakan metode *pre-experimental* dengan *one-group pre-post test design*. Populasi dalam penelitian ini penderita diabetes melitus tipe II di wilayah desa Berbek Waru-Sidoarjo dan besar sampel 45 orang yang dipilih dengan metode *purposive sampling*. Pemeriksaan glukosa darah 2 jam *post prandial* menggunakan darah perifer. Hasil penelitian didapatkan sebagian besar (53%) dengan glukosa darah 140-199 mg/dl dan sebagian kecil (11%) dengan glukosa darah <140 mg/dl. Rata-rata glukosa darah sebelum intervensi sebesar 222.02 mg/dl dan sesudah intervensi sebesar 209.04 mg/dl. Hasil uji analisa uji *Wilcoxon* didapatkan $p=0,276$, $\alpha=0,005$. Hasil tersebut menunjukkan tidak terdapat pengaruh terhadap kadar glukosa darah. Diharapkan penderita diabetes melitus tipe II tetap dapat mengonsumsi nasi jagung instan sebagai alternatif dalam manajemen glukosa darah.

Kata kunci: Nasi jagung instan, kadar glukosa darah, diabetes melitus tipe 2

ABSTRACT

THE EFFECT OF GIVING INSTANT CORN RICE ON BLOOD GLUCOSE IN TYPE II DIABETES MELLITUS PATIENTS IN AREA OF WARU SIDOARJO HEALTH CENTER

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Diabetes Mellitus is a chronic disease that attacks metabolism, characterized by an increase in blood glucose which causes hyperglycemia. Blood glucose management can be done by paying attention to food consumption, namely replacing white rice with corn rice. The aim of this study was to determine the effect of instant corn rice on blood glucose in Type II Diabetes Mellitus sufferers. This type of research is quantitative using a pre-experimental method with a one-group pre-post test design. The population in was type II diabetes mellitus sufferers in the area of Berbek Waru-Sidoarjo and the sample was 45 people selected using the purposive sampling method. The research results showed that the majority (53%) had blood glucose 140-199 mg/dl and a small percentage (11%) had blood glucose <140 mg/dl. The average blood glucose before and after giving instant corn rice decreased, although not significantly, namely by 12.98 mg/dl from 222.02 mg/dl to 209.04 mg/dl. The results of the Wilcoxon test analysis showed $p=0.276$, $\alpha=0.005$. These results show that there is no effect on blood glucose levels. It is hoped that type II diabetes mellitus sufferers can still consume instant corn rice as an alternative for blood glucose management.

Keywords: Instant corn rice, blood glucose levels, type 2 diabetes mellitus.