

**PROGRAM STUDI ILMU KEPERAWATAN
UNIVERSITAS AWAL BROS**

**Skripsi, September 2022
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**Pengaruh Rebusan Ubi Jalar Ungu Terhadap Penurunan Kadar Gula Darah Pada
Pasien Diabetes Mellitus Tipe II Di Wilayah Kerja Puskesmas
Kampung Jabi Kota Batam Tahun 2022**

109 hal + 6 table + 2 skema + 6 lampiran

ABSTRAK

Diabetes Mellitus (DM) adalah penyakit metabolik kronis yang membutuhkan perawatan medis dan pendidikan pengelolaan mandiri untuk mencegah terjadinya komplikasi yang serius. Internasional Diabetes Federation (IDF) menunjukkan, jumlah penyandang diabetes di Indonesia diperkirakan sebesar 10 juta dan menempati urutan ke-4 tertinggi di dunia setelah India, China dan Amerika Serikat. Fenomena yang ditemukan di wilayah kerja Puskesmas Kampung Jabi Kota Batam pada tahun 2021 sebanyak 240 orang. Penelitian ini dilakukan untuk mengetahui pengaruh rebusan ubi jalar ungu terhadap kadar gula darah pada pasien diabetes mellitus tipe II di Wilayah Kerja Puskesmas Kampung Jabi Kota Batam Tahun 2022. Metode penelitian dengan Quasy Eksperimental Design, dengan pendekatan one group pre test - posttest design without control. Sampel berjumlah 20 responden yang menderita Diabetes Mellitus Tipe II di Wilayah Kerja Puskesmas Kampung Jabi Kota Batam Tahun 2022 dengan teknik pengambilan sampel yaitu purposive sampling. Data diolah dengan menggunakan uji Wilcoxon dengan p-value 0.000. Berdasarkan karakteristik responden didapatkan usia terbanyak >44 tahun (60%), dan jenis kelamin terbanyak (70%) yaitu perempuan. Disimpulkan ada pengaruh rebusan ubi jalar ungu terhadap kadar gula darah. Diharapkan kepada penderita diabetes mellitus agar dapat menerapkan ubi jalar ungu guna menurunkan kadar gula darah agar terhindar dari komplikasi Diabetes Mellitus.

Kata Kunci : Ubi Jalar Ungu, Kadar Gula Darah, Diabetes Mellitus

NURSING SCIENCE PROGRAM

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The Effect of Purple Sweet Potato Stem on Low Blood Sugar Levels in Type II
Diabetes Mellitus Patients in the Work Area of Puskesmas
Kampung Jabi, Batam City, 2022

109 hal + 6 table + 2 skema +6 lampiran

ABSTRACT

Diabetes Mellitus (DM) is a chronic metabolic disease that requires medical care and self-management education to prevent serious complications. The International Diabetes Federation (IDF) shows that the number of people with diabetes in Indonesia is estimated at 10 million and ranks 4th highest in the world after India, China and the United States. The phenomenon found in the working area of the Kampung Jabi Health Center Batam City in 2021 was 240 people. This study was conducted to determine the effect of boiled purple sweet potato on blood sugar levels in patients with type II diabetes mellitus in the working area of the Kampung Jabi Health Center, Batam City in 2022. The research method was Quasy Experimental Design, with a one group pre test - posttest design without control approach. The sample is 20 respondents who suffer from Diabetes Mellitus Type II in the Working Area of the Kampung Jabi Health Center, Batam City in 2022 with a sampling technique that is purposive sampling. The data was processed using the Wilcoxon test with a p-value of 0.000. Based on the characteristics of the respondents, the highest age was >44 years (60%), and the most gender (70%) were women. It was concluded that there was an effect of boiled purple sweet potato on blood sugar levels. It is hoped that people with diabetes mellitus can apply purple sweet potato to lower blood sugar levels in order to avoid complications of Diabetes Mellitus.

Keywords: Purple Sweet Potato Stem, Low Blood Sugar Levels, Diabetes Mellitus