

ABSTRAK
**PENGARUH REBUSAN AIR DAUN SUKUN (*ArtocarpusAltilis*) TERHADAP
KADAR GULA DARAH PADA PENDERITA DIABETES MELITUS TIPE 2
DI WILAYAH KERJA PUSKESMAS NONGGUNONG KABUPATEN
SUMENEP**
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Diabetes Melitus (DM) dikenal sebagai penyakit kencing manis dimana dalam tubuh terdapat penumpukan kadar glukosa yang tinggi. Penyakit ini terjadi akibat pola hidup seseorang yang kurang baik. Air rebusan daun sukun merupakan terapi herbal yang dapat mengobati penyakit DM. Tujuan penelitian ini untuk menganalisis pengaruh rebusan air daun sukun terhadap kadar gula darah pada Penderita *Diabetes Melitus* Tipe 2 di Wilayah Kerja Puskesmas Nonggunong Kabupaten Sumenep.

Desain penelitian ini adalah “Quasi experimental pre-post test” dengan pemberian rebusan air daun sukun. Populasi penelitian di puskesmas nonggunong ini adalah 43 orang. Teknik sampling menggunakan purposive sampling dengan besar sampel 35 orang. Sampel dilakukan pemeriksaan kadar gula darah sebelum dan sesudah diberikan rebusan air daun sukun. Analisis menggunakan uji wilcoxon.

Hasil penelitian tentang pengaruh rebusan air daun sukun menunjukkan sebelum diberikan air rebusan daun sukun, seluruh responden (100%) memiliki kadar gula darah >200 mg/dl atau berada pada kategori KGD naik. Dan sesudah diberikan air rebusan daun sukun menunjukkan bahwa sebagian besar responden (68,6%) mengalami perubahan kadar gula darah 90-199 mg/dl atau berada dalam kategori KGD menurun. Hasil uji statistik menunjukkan nilai $p=0.000 < \alpha =0,05$. Sehingga H_0 ditolak yang berarti ada pengaruh rebusan air daun sukun terhadap kadar gula darah pada penderita *Diabetes Melitus* Tipe 2 di Wilayah Kerja Puskesmas Nonggunong Kabupaten Sumenep.

Tenaga kerja perlu melakukan sosialisasi dan cara pengobatan non farmakologis seperti rebusan air daun sukun pada penderita diabetes melitus tipe 2 agar penderita dapat mengontrol kadar gula darahnya sebelum terjadi komplikasi lebih parah.

Kata Kunci : Daun Sukun , Kadar Gula Darah, *Diabetes Melitus* Tipe 2

ABSTRACT

THE EFFECT OF DECOCTION OF SUKUN LEAF WATER (*Artocarpus Altilis*) ON BLOOD SUGAR LEVELS TO DIABETES MELITUS TYPE 2 PATIENTS PUSKESMAS NONGGUNONG SUMENEP

By: Kamiliya

Diabetes mellitus (DM) is known as diabetes in which the body has a buildup of high glucose levels. This disease occurs due to a person's lifestyle that is not good. Breadfruit leaf cooking water is a herbal therapy that can treat DM. The purpose of this study was to analyze the effect of breadfruit leaf decoction on blood sugar levels in Type 2 Diabetes Mellitus Patients in the Work Area of Nonggunong Health Center, Sumenep Regency.

The design of this study was "Quasi experimental pre-post test" by administering breadfruit leaf decoction. The study population in this Nonggunong Community Health Center was 43 people. The sampling technique used purposive sampling with a sample size of 35 people. Samples were examined for blood sugar levels before and after being given a decoction of breadfruit leaf water. Analysis using Wilcoxon test.

The results of research on the influence of breadfruit leaf boiled water showed that before being given breadfruit boiled water, all respondents (100%) had blood sugar levels > 200 mg / dl or were in the increased KGD category. And after given the breadfruit leaf decoction water showed that the majority of respondents (68.6%) experienced changes in blood sugar levels 90-199 mg / dl or were in the category of decreased KGD. Statistical test results show the value of $p = 0,000 < \alpha = 0.05$. So that H_0 is rejected which means there is an influence of breadfruit leaf decoction on blood sugar levels in patients with Type 2 Diabetes Mellitus in the Work Area of Nonggunong Health Center, Sumenep Regency.

Workers need to conduct socialization and non-pharmacological treatment methods such as decoction of breadfruit leaf water in patients with type 2 diabetes mellitus so that patients can control their blood sugar levels before more severe complications occur.

Keywords: *Artocarpus Altilis*, Blood Glucos Levels, Diabetes Mellitus Type 2