

ABSTRAK

Pengaruh Pemberian Kapsul Daun Kelor Terhadap Kadar Gula Darah Pada Diabetes Melitus di Wilayah Kerja Puskesmas Talango**Oleh: Faris Anjariksa**

Diabetes mellitus merupakan kondisi dimana tingkat kadar gula darah (glukosa) melebihi kondisi normal. Pada penderita diabetes mellitus didapatkan penurunan kadar GLUT-4 sehingga berdampak pada peningkatan glukosa darah postprandial. Salah satu alternatif yang digunakan untuk mengatasi kondisi ini adalah mengkonsumsi kapsul daun kelor 1 hari 2x200 mg selama 15 hari dalam bentuk kapsul sebelum atau sesudah makan pagi dan malam. Tujuan penelitian ini adalah untuk mengetahui pengaruh pemberian kapsul daun kelor terhadap kadar gula darah pada diabetes mellitus tipe 2 di Wilayah Kerja Puskesmas Talango.

Desain penelitian menggunakan *quasy experiment* dengan metode *non-equivalent control group*. Populasi berjumlah 74 orang dengan sampel 62 responden dibagi menjadi 31 responden kelompok intervensi dan 18 responden kelompok kontrol. Instrumen menggunakan *Glucotest*. Teknik pengambilan sampel menggunakan *probability sampling* dengan *simple random sampling* dan dianalisis dengan uji *wilcoxon*.

Hasil penelitian menggunakan uji independent pretest-posttes menunjukkan nilai pValue = 0,000 dengan $\alpha = 0,05$. Karena $pValue < \alpha$ maka ada perbedaan antara kadar gula darah pada Pre Test kelompok perlakuan dan kelompok kontrol pada pasien Diabetes Mellitus di Wilayah Kerja Puskesmas Talango.

Implikasi penelitian ini untuk menurunkan kadar gula darah pada penderita diabetes melitus dengan mengkonsumsi Kapsul daun kelor 1 hari 2x200 mg selama 15 hari sesudah makan pagi dan malam.

Kata kunci: Kapsul Daun Kelor, Kadar Gula Darah, Diabetes Melitus

ABSTRACT***The Effect of Moringa Leaf Capsule Consumption on Blood Glucose Levels in Type 2 Diabetes Mellitus Patients in the Operational Area of TalangoPublic Health Center*****By: Faris Anjariksa**

Diabetes mellitus is characterized by elevated blood glucose levels (hyperglycemia) exceeding normal thresholds. In individuals with diabetes mellitus, decreased GLUT-4 levels lead to high postprandial blood glucose levels. One alternative approach to managing this condition is the consumption of 200 mg Moringa leaf capsules twice daily for 15 days, either before or after breakfast and dinner. This study aims to investigate the impact of Moringa leaf capsule consumption on blood glucose levels in type 2 diabetes mellitus patients within the operational area of TalangoPublic Health Center.

A quasi-experimental design with a non-equivalent control group was used. The population consisted of 74 individuals, with a sample of 62 respondents divided into 31 in the intervention group and 18 in the control group. The Glucotest was utilized as the measurement instrument. Probability sampling was applied for sample selection using simple random sampling. Data were analyzed using the Wilcoxon test.

The results of the independent pretest-posttest analysis revealed a p-value of 0.000 with a significance level of $\alpha = 0.05$. Given that $p\text{-value} < \alpha$, a significant difference in blood glucose levels was observed between the pretest intervention group and control group among patients with Diabetes Mellitus in the operational area of TalangoPublic Health Center.

The findings of this study suggest that the consumption of 200 mg Moringa leaf capsules twice daily for 15 days after breakfast and dinner can lead to a reduction in blood glucose levels in patients with diabetes mellitus. It implies the potential of Moringa leaf capsules as a complementary approach to managing blood glucose levels in type 2 diabetes mellitus patients.

Keywords: *Moringa Leaf Capsules, Blood Sugar Levels, Diabetes Mellitus*