

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Penelitian, Februari 2025**

Dea Febri

**Pengaruh Pemberian Teh Kulit Melinjo Terhadap Kadar Gula Darah Pasien
Diabetes Mellitus Tipe 2 Di Puskesmas Garuda Kota Pekanbaru**

xiv + 59 halaman + 9 tabel + 15 lampiran + 1 Gambar

ABSTRAK

Terjadi peningkatan pada prevalensi diabetes mellitus (DM), International Diabetes Federation memprediksi pada tahun 2030 terdapat 642,7 juta jiwa yang terkena DM. Penatalaksanaan DM umumnya menggunakan obat farmakologis yang dikonsumsi jangka panjang, namun ternyata obat antihiperglikemia oral yang dikonsumsi dalam jangka panjang dapat menimbulkan efek samping seperti gangguan gastrointestinal seperti mual dan diare serta dapat meningkatkan resiko hipoglikemia. Oleh karena itu diperlukan alternatif lain dalam pengobatan diabetes mellitus, salah satunya dengan pengobatan herbal dari tanaman yakni kulit melinjo diolah menjadi teh, kulit melinjo mengandung senyawa flavonoid yang dapat menurunkan kadar gula darah dengan berperan sebagai inhibitor enzim α glucosidase. Tujuan penelitian ini untuk mengetahui pengaruh pemberian teh kulit melinjo terhadap kadar gula darah pasien diabetes mellitus tipe 2 di Puskesmas Garuda Kota Pekanbaru, menggunakan metode penelitian kuantitatif dengan desain quasy eksperimental *pre and post-test without control*. Pengambilan sampel dalam penelitian ini menggunakan teknik *purposive sampling* yang melibatkan sampel 15 orang penderita DM tipe 2 di wilayah kerja Puskesmas Garuda Kota Pekanbaru. Instrument penelitian menggunakan lembar observasi dan glukometer yang sudah dikalibrasi. Hasil penelitian menggunakan uji statistik *Wilcoxon range* dengan hasil *negative ranks* 12 dan nilai *positive range* 3, artinya terdapat 12 responden yang mengalami penurunan kadar gula darah dan terdapat 3 responden yang mengalami kenaikan gula darah setelah diberikan intervensi teh kulit melinjo dan nilai *p value* = 0,012. Dapat disimpulkan bahwa ada pengaruh pemberian teh kulit melinjo terhadap kadar gula darah pasien diabetes mellitus tipe 2 di Puskesmas Garuda Kota Pekanbaru. Saran penelitian selanjutnya adalah melakukan pengontrolan pada faktor yang dapat mempengaruhi kadar gula darah.

Kata Kunci : diabetes mellitus, herbal, kulit melinjo, kadar gula darah

Daftar bacaan : 63 (2011-2024)

**BACHELOR OF NURSING PROGRAM, FACULTY OF NURSING
PAYUNG NEGERI INSTITUTE OF HEALTH SCIENCE
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Dea Febri

**The Effect of Giving Melinjo Skin Tea to Blood Sugar Levels of Type 2
Diabetes Mellitus Patients at Garuda Health Center, Pekanbaru City**

xiv + 59 pages + 9 tables + 15 attachments + 1 picture

ABSTRACT

There is an increase in the prevalence of diabetes mellitus (DM), the International Diabetes Federation predicts that by 2030 there will be 642.7 million people affected by DM. DM management generally uses pharmacological drugs that are consumed long-term, but it turns out that oral antihyperglycemia drugs consumed in the long term can cause side effects such as gastrointestinal disorders such as nausea and diarrhea and can increase the risk of hypoglycemia. Therefore, other alternatives are needed in the treatment of diabetes mellitus, one of which is herbal treatment from plants, namely melinjo peel processed into tea, melinjo peel contains flavonoid compounds that can reduce blood sugar levels by acting as an enzyme inhibitor □ glucosidase. The purpose of this study was to determine the effect of melinjo skin tea on blood sugar levels of patients with type 2 diabetes mellitus at the Garuda Health Center, Pekanbaru City, using quantitative research methods with a quasy experimental design of pre and post-test without control. Sampling in this study using purposive sampling technique involving a sample of 15 people with type 2 diabetes mellitus in the working area of the Garuda Health Center, Pekanbaru City. The research instrument used observation sheets and calibrated glucometers. The results of the study using the Wilcoxon range statistical test with the results of negative ranks 12 and positive range value 3, meaning that there were 12 respondents who experienced a decrease in blood sugar levels and there were 3 respondents who experienced an increase in blood sugar after being given melinjo skin tea intervention and p value = 0.012. It can be concluded that there is an effect of giving melinjo skin tea on blood sugar levels of patients with type 2 diabetes mellitus at the Garuda Health Center, Pekanbaru City. Suggestions for further research are to control factors that can affect blood sugar levels.

Keywords : diabetes mellitus, herbal, melinjo peel, blood sugar levels

References : 63 (2011-2024)