

**PROGRAM STUDI DIII KEPERAWATAN
STIKES PAYUNG NEGERI PEKANBARU**

Karya Tulis Ilmiah, Juni 2022

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Efektifitas Pemberian Jus Buah Naga (*Hylocereus Polyrhizus*) Terhadap
Penurunan Kadar Gula Di Wilayah Kerja Puskesmas Payung Sekaki

xii + 39 halaman + 8 tabel + 11 lampiran

ABSTRAK

Badan kesehatan WHO memprediksi penderita diabetes melitus tipe 2 di Indonesia sebanyak 21,3 juta orang. Terapi pemberian Jus buah naga (*Hylocereus Polyrhizus*) dapat menurunkan kadar glukosa darah pada penderita diabetes melitus. Jenis penelitian ini adalah penelitian kuantitatif yang menggunakan desain Quasy Eksperimen wizard control dengan pendekatan one group pretest-posttest dilakukan pada tanggal 03 juni - 24 juni 2022 di Wilayah Kerja Puskesmas Payung Sekaki Pekanbaru. Populasi pada penelitian ini adalah seluruh pasien diabetes melitus di Wilayah Kerja Puskesmas Payung Sekaki Pekanbaru sebanyak 20 kasus dalam 1 bulan terakhir. Pengambilan sampel menggunakan metode *Accidental sampling* sebanyak 10 penderita diabetes melitus. Hasil penelitian ini didapatkan rata-rata gula darah turun setelah mengkonsumsi jus buah naga, yang bisa dilihat dari nilai mean pretest dan posttest gula darah yaitu 278 turun menjadi 261,3. Berdasarkan hasil Uji T dependen didapatkan data berdistribusi normal, maka didapat nilai P value pada pemberian jus buah naga pada kadar gula dalam darah yaitu sebesar $0,000 < 0,05 (\alpha)$, ini menunjukkan ada perbedaan kadar gula darah sebelum dan sesudah diberikan jus buah naga atau ada pengaruh pemberian jus buah naga terhadap kadar gula darah pada pasien diabetes melitus.

Kata Kunci : Diabetes Melitus, Jus Buah Naga, Gula Dalam Darah
Daftar Pustaka : 16 Referensi (2012-2021)

DIII NURSING STUDY PROGRAM
STIKES PAYUNG NEGERI PEKANBARU

Scientific Writing, June 2022

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The Effectiveness of Giving Dragon Fruit (*Hylocereus Polyrhizus*) Juice to Reducing Sugar Levels in the Work Area of the Payung Sekaki Health Center

xii + 39 pages + 8 tables + 11 attachments

ABSTRACT

The WHO health agency predicts that there are 21.3 million people with type 2 diabetes mellitus in Indonesia. Therapy with dragon fruit juice (*Hylocereus Polyrhizus*) can reduce blood glucose levels in people with diabetes mellitus. This type of research is a quantitative study that uses a Quasy design. Wizard control experiments with a one group pretest-posttest approach were conducted on June 03 - June 24, 2022 in the Work Area of the Payung Sekaki Health Center Pekanbaru. The population in this study were all patients with diabetes mellitus in the Payung Sekaki Public Health Center Pekanbaru working area as many as 20 cases in the last 1 month. Sampling using accidental sampling method as many as 10 people with diabetes mellitus. The results of this study showed that the average blood sugar decreased after consuming dragon fruit juice, which could be seen from the mean pretest and posttest blood sugar values, which was 278, down to 261.3. Based on the results of the dependent T test, the data obtained are normally distributed, then the P value of giving dragon fruit juice on blood sugar levels is $0.000 < 0.05 (\alpha)$, this indicates that there is a difference in blood sugar levels before and after being given dragon fruit juice. or there is an effect of giving dragon fruit juice on blood sugar levels in patients with diabetes mellitus.

Keywords: Diabetes Mellitus, Dragon Fruit Juice, Blood Sugar

Bibliography : 16 References (2012-2021)