

ABSTRAK

HUBUNGAN KONSUMSI NASI DINGIN DAN NASI PANAS TERHADAP KADAR GULA DARAH PADA PENDERITA DIABETES MELLITUS DI PUSKESMAS PESANTREN II KOTA KEDIRI

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Latar Belakang : Pola makan yang salah akan memicu terjadinya berbagai penyakit gangguan metabolisme salah satunya adalah diabetes mellitus. Tujuan penelitian ini adalah untuk menganalisis hubungan konsumsi nasi dingin dan nasi panas terhadap kadar gula darah penderita diabetes mellitus di Puskesmas Pesantren II Kota Kediri.

Metode : Desain penelitian ini adalah *pretest dan post-test control group design*. Responden diambil dengan teknik *consecutive sampling* dengan sampel sebanyak 30 lansia. Variabel independen adalah konsumsi nasi dingin dan nasi panas dan variabel dependen adalah kadar gula darah penderita diabetes mellitus. Hasil uji statistik menggunakan *uji paired t-test*.

Hasil : Hasil penelitian menunjukkan bahwa sebanyak 20 (90.9%) responden memiliki kadar gula darah dalam kategori normal sebelum dan setelah konsumsi nasi dingin pada kelompok kontrol. Sedangkan kadar gula darah sebelum konsumsi nasi pada kelompok intervensi diketahui sebanyak 23 (76.7%) responden dalam kategori tidak normal dan sebanyak 28 (93.3%) responden dalam kategori normal setelah konsumsi nasi dingin pada kelompok intervensi.

Analisis : Hasil analisa data menunjukkan bahwa kadar gula darah pada kelompok kontrol memiliki nilai *p value* $0,000 < \alpha = 0,05$, dengan rata-rata kadar gula darah setelah konsumsi nasi pada kelompok kontrol sebesar 131 mg/dl. Kadar gula darah pada kelompok intervensi memiliki nilai *p value* $0,000 < \alpha = 0,05$, dengan rata-rata kadar gula darah setelah konsumsi nasi pada kelompok intervensi sebesar 144 mg/dl.

Kesimpulan : Berdasarkan hasil penelitian maka disimpulkan bahwa bagi penderita diabetes, nasi dingin layak dipilih menjadi pangan sumber karbohidrat karena data yang ada secara konsisten menunjukkan manfaat bagi pengontrolan kadar gula darah, baik untuk jangka pendek ataupun jangka panjang.

Kata Kunci : Diabetes Mellitus, Kadar Gula Darah, Konsumsi, Nasi Dingin, Nasi Panas, Penderita

ABSTRACT

RELATIONSHIP BETWEEN COLD RICE AND HOT RICE CONSUMPTION AND BLOOD SUGAR LEVELS I DIABETES MELLITUS PATIENTS AT THE PESANTREN II COMMUNITY HEALTH CENTER IN KEDIRI CITY

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Introduction : Wrong diet will trigger various metabolic disorders, one of which is diabetes mellitus. The purpose of this study was to analyze the relationship between cold rice and hot rice consumption and blood sugar levels of diabetes mellitus patients at the Pesantren II Health Center in Kediri City.

Method : The design of this study was a pretest and post-test control group design. Respondents were taken using consecutive sampling technique with a sample of 30 elderly people. The independent variable is the consumption of cold rice and hot rice and the dependent variable is the blood sugar levels of diabetes mellitus patients. The results of the statistical test used the paired t-test.

Results : The results of the study showed that as many as 20 (90.9%) respondents had blood sugar levels in the normal category before and after consuming cold rice in the control group. While blood sugar levels before consuming rice in the intervention group were known to be 23 (76.7%) respondents in the abnormal category and as many as 28 (93.3%) respondents in the normal category after consuming cold rice in the intervention group.

Analysis : The results of data analysis showed that blood sugar levels in the control group had a p value of $0.198 > \alpha = 0.05$, with an average blood sugar level after consuming rice in the control group of 132 mg/dl. Blood sugar levels in the intervention group had a p value of $0.000 < \alpha = 0.05$, with an average blood sugar level after consuming rice in the intervention group of 141 mg/dl.

Discussion : Based on the results of the study, it is concluded that for people with diabetes, cold rice is worthy of being chosen as a source of carbohydrate food because the existing data consistently shows benefits for controlling blood sugar levels, both in the short and long term.

Keywords : *Diabetes Mellitus, Blood Sugar Levels, Consumption, Cold Rice, Hot Rice, People with*