

ABSTRAK

PENGARUH *HEALTH EDUCATION* TERHADAP PENGETAHUAN, PERILAKU PENCEGAHAN DIABETES MELITUS DAN KADAR GULA DARAH PADA REMAJA DI SMP KATOLIK ANGELUS CUSTOS SURABAYA

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Diabetes Melitus tidak hanya terjadi pada orang dewasa saja, tetapi juga bisa menyerang remaja. Hal tersebut dapat terjadi karena dua faktor, yakni faktor genetik dan faktor pola hidup atau *life style*. Penelitian ini bertujuan Mengetahui Pengaruh *Health Education* Terhadap Pengetahuan, Perilaku Pencegahan Diabetes Melitus dan Kadar Gula Darah Pada Remaja. Penelitian ini menggunakan desain penelitian Desain penelitian yang digunakan dalam penelitian ini adalah *Quasi - Experiment* dengan pendekatan *pre- post test* desain. Dengan tehnik *Simple Random Sampling* didapatkan sampel sebanyak 99 responden, variabel independen *Health Education* menggunakan kuesioner dan variabel dependen Pengetahuan, Perilaku Pencegahan DM, Kadar Gula Darah. Digunakan uji statistik uji *Paired Samples Test* untuk mengetahui perbedaan variabel.

Hasil penelitian dari 99 responden didapat Sebagian besar responden memiliki kadar gula darah dalam kategori Normoglikemi (Bukan DM), Sebagian besar responden berpengetahuan kurang sebelum diberikan *Health Education*, kemudian sesudah diberikan *Health Education* tingkat pengetahuan kategori baik, Sebagian besar responden berperilaku kurang sebelum diberikan *Health Education*, kemudian Setelah diberikan *Health Education* sebagian besar responden berperilaku Baik Pada Remaja SMP Katolik Angelus Custos Surabaya.

Analisis menggunakan uji statistik uji *Paired Samples Test* di peroleh bahwa nilai *p value* sebesar 0,000 dengan demikian bahwa $p\text{ value } (0,000) \leq \alpha (0,05)$, sehingga H_0 ditolak dan H_1 diterima. Hal ini menunjukkan bahwa ada perbedaan yang signifikan antara pengetahuan, perilaku dan kadar gula darah sebelum dan sesudah di berikan edukasi pada Remaja SMP Katolik Angelus Custos Surabaya.

Pendidikan kesehatan dapat meningkatkan pengetahuan sehingga memperbaiki perilaku pencegahan diabetes mellitus dan kadar gula darah pada remaja di SMP Katolik Angelus Custos Surabaya. Pencegahan DM dilakukan dengan mempertahankan dan memelihara kebiasaan atau perilaku yang sehat, dimana kebiasaan tersebut dapat mencegah dan menurunkan risiko penyakit diabetes mellitus tersebut

Kata kunci : *Health Education* , Diabetes Melitus, Kadar Gula Darah, Pengetahuan, perilaku, Remaja

ABSTRACT

THE INFLUENCE OF HEALTH EDUCATION ON KNOWLEDGE, BEHAVIOR TO PREVENT DIABETES MELLITUS AND BLOOD SUGAR LEVELS IN ADOLESCENTS AT ANGELUS CUSTOS CATHOLIC JUNIOR HIGH SCHOOL SURABAYA

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Diabetes Mellitus does not only occur in adults, but can also affect adolescents. This can happen due to two factors, namely genetic factors and lifestyle factors. This study aims to determine the influence of health education on knowledge, behavior to prevent diabetes mellitus and blood sugar levels in adolescents. This research uses a research design. The research design used in this study is Quasi - Experiment with a pre-post test design approach. With the Simple Random Sampling technique, a sample of 99 respondents was obtained, the independent variables of Health Education used questionnaires and dependent variables of Knowledge, DM Prevention Behavior, and Blood Sugar Levels. The Paired Samples Test is used to determine the difference in variables.

The results of the study from 99 respondents were obtained. Most of the respondents had blood sugar levels in the Normoglikemia (Not DM) category, Most of the respondents had less knowledge before being given Health Education, then after being given Health Education the level of knowledge was good, Most of the respondents behaved poorly before being given Health Education, then after being given Health Education most of the respondents behaved well in Catholic Junior High School Teenagers Angelus Custos Surabaya.

The analysis using the Paired Samples Test statistical test obtained that the p value was 0.000 thus that p value $(0.000) \leq \alpha (0.05)$, so that H_0 was rejected and H_1 was accepted. This shows that there is a significant difference between knowledge, behavior and blood sugar levels before and after education is given to Angelus Custos Catholic Junior High School Surabaya Adolescents.

Health education can increase knowledge so as to improve diabetes mellitus prevention behavior and blood sugar levels in adolescents at Angelus Custos Catholic Junior High School Surabaya. Prevention of DM is carried out by maintaining and maintaining healthy habits or behaviors, where these habits can prevent and reduce the risk of diabetes mellitus

Keywords: Health Education, Diabetes Mellitus, Blood Sugar Levels, Knowledge, Behavior, Adolescents