

ABSTRAK

Pengaruh Pemberian Air Rebusan Jahe Terhadap Penurunan Kadar Gula Darah Pada Penderita Diabetes Mellitus di Kelurahan Cililitan Tahun 2021

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Diabetes Mellitus merupakan penyakit metabolik ditandai dengan peningkatan kadar glukosa dalam darah yang diakibatkan oleh gangguan fungsi tubuh dalam mengatur metabolisme glukosa. Penelitian ini bertujuan untuk mengetahui pengaruh air rebusan jahe dalam menurunkan glukosa darah pasien diabetes mellitus. Desain penelitian menggunakan Pre-Eksperimen One grup Pre-test and Post-Test dengan metode Purposive Sampling sebanyak 6 responden, dilaksanakan di kelurahan Cililitan Jakarta Timur, tahun 2021. Variabel penelitian yaitu variabel dependen kadar gula darah, dan independen air rebusan jahe. Analisis data menggunakan Uji Paired t Test. Hasil penelitian didapatkan rata-rata kadar glukosa responden sebelum dilakukan intervensi 287,7 mg/dl, setelah dilakukan intervensi 244,7 mg/dl, dengan rata-rata penurunan 63 mg/dl. Terdapat pengaruh air rebusan jahe terhadap penurunan kadar gula darah dengan nilai $p\text{-value} = 0,002$ mean bernilai positif (36). Penurunan terjadi karena adanya peningkatan metabolisme yang disebabkan oleh zat aktif fenolik dalam jahe. Meminum air rebusan jahe dapat menjadi implementasi untuk menurunkan kadar gula darah pada pasien diabetes mellitus.

Kata Kunci: *Diabetes*, pengaruh air rebusan jahe, kadar gula darah

ABSTRACT

The Effect of Giving Ginger Boiled Water on Reducing Blood Sugar Levels in People With Diabetes Mellitus in Cililitan, 2021

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Diabetes Mellitus is a metabolic disease characterized by increased levels of glucose in the blood caused by impaired body function in regulating glucose metabolism. This study aims to determine the effect of ginger boiled water in lowering blood glucose in patients with diabetes mellitus. The research design used Pre-Experiment One group Pre-test and Post-Test with Purposive Sampling method as many as 6 respondents, carried out in the Cililitan village, East Jakarta, 2021. The research variable is the dependent variable of blood sugar levels, and the independent is ginger boiled water. Data analysis using Paired t Test. The results showed that the average glucose level of the respondents before the intervention was 287.7 mg/dl, after the intervention was 244.7 mg/dl, with an average decrease of 63 mg/dl. There is an effect of ginger boiled water on decreasing blood sugar levels with a value of $-value = 0.002$ the mean is positive (36). The decrease was due to an increase in metabolism caused by the phenolic active substances in ginger. Drinking ginger boiled water can be implemented to reduce blood sugar levels in patients with diabetes mellitus.

Keywords: Diabetes, the effect of ginger boiled water, blood sugar levels