

EFEKTIVITAS PEMBERIAN KONSELING GIZI DENGAN MEDIA LEMBAR BALIK “PADAM” TERHADAP PENGETAHUAN DAN PERUBAHAN KADAR GULA DARAH PADA PENDERITA DIABETES MELITUS DENGAN HIPERGLIKEMIA DI PUSKESMAS SLEMAN

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ABSTRAK

Latar Belakang: Bagi penderita diabetes melitus penting untuk meningkatkan pengetahuan tentang penyakitnya agar kadar gula darah tetap terkontrol. Peran media sangat strategis untuk meningkatkan efektivitas proses konseling gizi, salah satu media yang digunakan yaitu lembar balik.

Tujuan: Mengetahui efektivitas konseling gizi menggunakan lembar balik dan leaflet terhadap pengetahuan dan kadar gula darah.

Metode: Penelitian eksperimen semu (*quasi experiment*) dengan desain *pre post test with control group design*. Kelompok perlakuan diberikan konseling gizi dengan lembar balik dan kelompok kontrol dengan leaflet. Untuk hipotesis menggunakan uji *paired t-test* dan uji *independent t-test*

Hasil: Ada perbedaan antara nilai *pretest* dan *posttest* pengetahuan pada kelompok lembar balik ($p=0,000$) dan kelompok leaflet ($p=0,006$). Ada perbedaan antara gula darah awal dan akhir pada kelompok lembar balik ($p=0,000$) dan kelompok leaflet ($p=0,000$). Ada perbedaan efektivitas antara konseling gizi dengan lembar balik dan leaflet terhadap peningkatan pengetahuan ($p=0,017$). Tidak ada perbedaan efektivitas antara konseling gizi dengan lembar balik dan leaflet terhadap penurunan kadar gula darah ($p=0,975$).

Kesimpulan: Konseling gizi dengan lembar balik dan leaflet dapat meningkatkan pengetahuan dan menurunkan gula darah. Lembar balik lebih efektif meningkatkan pengetahuan dibandingkan dengan leaflet. Lembar balik maupun leaflet sama-sama efektif menurunkan kadar gula darah.

Kata Kunci: Konseling Gizi, Lembar Balik, Leaflet, Pengetahuan, Gula Darah.

THE EFFECTIVENESS OF NUTRITION COUNSELING WITH “PADAM” FLIP CHART MEDIA TOWARDS KNOWLEDGE AND CHANGE OF BLOOD SUGAR LEVEL OF DIABETES MELLITUS WITH HYPERGLYCEMIA PATIENTS IN SLEMAN COMMUNITY HEALTH CENTER

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ABSTRACT

Background: For those suffering from diabetes, it is important to improve knowledge in order to maintain blood sugar level. The role of media is very strategic to increase the effectiveness of the nutritional counseling. One of the media that can be used in nutrition counseling is flip chart.

Objective: To determine the effectiveness of nutritional counseling using flip chart and leaflet to improve knowledge and blood sugar level.

Method: This research was a quasi-experimental research using a pre-post test with control group design. The treatment group was given nutritional counseling with flip chart and the control group was given nutritional counseling with leaflet. To test the hypothesis, paired t-test and independent t-test were performed.

Results: There were significant differences between the pre-test and post-test scores in the flip chart group ($p=0,000$) and the leaflet group ($p=0,006$). There were significant differences between the initial and final blood sugar level in the flip chart group ($p=0,000$) and the leaflet group ($p=0,000$). There was a significant difference in effectiveness between nutritional counseling with flip chart and leaflet on improving knowledge ($p=0,017$). There was no significant difference in effectiveness between nutritional counseling with flip chart and leaflet on the reduction of blood sugar level ($p=0,975$).

Conclusion: Nutrition counseling with flip chart and leaflet media can improve knowledge and reduce blood sugar level. Nutrition counseling with flip chart is more effective for improving the knowledge compared to leaflet. Nutrition counseling with flip chart and leaflet are both effective for reducing blood sugar level.

Keywords: Nutrition Counseling, Flip chart, Leaflet, Knowledge, Blood Sugar.