

Pengembangan Media Buku Saku Tentang Diabetes Mellitus Tipe 2 Pada Ahli Gizi Di Puskesmas Wonosari Kabupaten Bondowoso (*Development of Pocket Book Media on Type 2 Diabetes Mellitus for Nutritionists at the Wonosari Health Center, Bondowoso Regency*).

Yulia Anggrainia

Clinical Nutrition

Department of Health

ABSTRAK

Type 2 diabetes mellitus is a metabolic disorder characterized by an increase in blood sugar due to a decrease in insulin resistance by pancreatic beta cells or impaired insulin resistance. Diabetes mellitus is often referred to as the silent killer, because without realizing it, the sufferer has complications such as cardiovascular disease, chronic kidney failure, retinal damage that can cause blindness and nerve damage. A person's knowledge about nutrition if the higher it can affect the attitude and behavior of consuming food. Providing education can be done by using media that suits your needs. The purpose of this study is to develop a pocket book media about type 2 diabetes mellitus for nutritionists at the Wonosari Health Center, Bondowoso Regency. This type of research uses Research and Development (R&D) research, namely research and development with the ADDIE research model (Analysis, Design, Development, Implementation, Evaluation).). The number of subjects in this study were 4 nutritionists who worked at the Wonosari Health Center. Data analysis was carried out by qualitative descriptive and quantitative data analysis. The results of the analysis of media needs that are needed are pocket books. The results of material expert validation got a score of 90% and the results of media expert validation got a score of 94%. Based on the test results of media acceptance to 10 subjects got a score of 88%. The conclusion obtained from the validation results of material experts and media experts is that pocket book media is feasible to use. Based on the results of the acceptance trial of pocket book media, it was stated that it was accepted for use by nutritionists to add information about type 2 diabetes mellitus and as a reference in educating people with type 2 diabetes mellitus in Kapuran Village.

Keywords: Type 2 Diabetes Mellitus, Nutrition Education, Pocket Book Media