

**The Giving Of Chocolate Drinks on Changes in Random Blood  
Glucose Levels in Diabetes Mellitus Patients Type 2  
at the Jember Kidul Health Center**

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***ABSTRACT***

*Consuming chocolate drinks contain flavonoids which can stabilize blood glucose levels during. The purpose of this study was to determine differences in blood sugar levels before and after giving chocolate drinks to type 2 diabetics at the Jember Kidul Health Center. The research design used was Pre Experimental with a Purposive Sampling Approach with the type of one group pretest post test design. Pretest and posttest data for blood sugar levels when analyzed by the SPSS Application Version 26.0. Data analysis used the Shapiro-Wilk normality test and if the results of the data were not normally distributed, it was continued by using the Paired T test for paired samples. The dose of Chocolate Powder was 22.4 grams, Tropicana Slim Sugar was 2 grams, and water was added up to 240 mL for 14 days of study. The number of research subjects is 17 respondents. The results showed that there were differences in blood glucose levels between before and after giving the chocolate drink in the study group ( $p=0.000$ ). The conclusion of this study is that there are differences in blood sugar levels between before and after giving chocolate drinks to people with type 2 diabetes mellitus at the Jember Kidul Health Center.*

**Keywords:** *Diabetes Mellitus, Blood Glucose Level. Dark Chocolate Drinks*