Effect of Banana Ambon Giving on Fasting Blood Sugar Level Type II Mellitus Patients

Kiswatin Najah

Clinical Nutrition Study Program

Department of Health

ABSTRACT

Type II Diabetes Mellitus is a degenerative disease that begins with a disruption in the pancreatic beta cells so that insulin secretion fails to prevent insulin resistance and results in increased blood sugar levels. Ambon Banana contains flavonoids which can reduce blood sugar levels of type II Diabetes Mellitus patients. The purpose of this study was to determine the effect of giving Ambon bananas to fasting blood sugar levels of type II Diabetes Mellitus patients. The type of research conducted was Quasi Experimental, while the research design used was Pretest-Posttest with Control Group. The study was conducted in the working area of the Kalisat Community Health Center with a total of 42 subjects with purposive sampling technique which was divided into 2 groups (control and treatment). Statistical analysis of the study using SPSS 16.0 for Windows with the Shapiro-Wilk normality test and continued with the Independent T-Test and Paired T-Test. The results showed no difference in fasting blood sugar levels pretest between the control and treatment groups (p= 0.568), there was no difference in posttest fasting blood sugar levels between the control and treatment groups (p= 0.249), there were no differences in fasting blood sugar levels pretest and posttest in the control group (p= 1,000), there were differences in the fasting blood sugar levels of the pretest and posttest in the treatment group (p= 0.002) with a decrease in fasting blood sugar levels of 23.43 mg / dL (12.07%). The conclusion of this study is the administration of Ambon banana can reduce fasting blood sugar levels, but statistically can not affect fasting blood sugar levels of type II Diabetes Mellitus patients.

***Keywords**: Type II Diabetes Mellitus, Flavonoids, Fasting blood sugar levels, Banana Ambon.*