

**The Effect Of Giving a Combination Of Jicama Juice and Watermelon on Fasting Blood Glucose Levels in Diabetes Mellitus Patients in Summersari Jember Community Health Center**

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***ABSTRACT***

Diabetes mellitus can occur due to high blood glucose levels resulting from pancreatic disorders which cannot produce or use insulin effectively. Controlling blood glucose levels can be done by consuming foods that contain fiber. One product that is good for diabetes mellitus sufferers and also contains fiber is a combination of jicama and watermelon juice. This study aims to determine the effect of giving a combination of jicama and watermelon juice on fasting blood glucose levels in patients suffering from diabetes mellitus at the Summersari Jember Community Health Center. This type of research uses an experimental questionnaire with a design using a non-equivalent control group. The subjects of this research were 36 people, consisting of 18 subjects in the control group and 18 subjects in the treatment group. The combined dose of jicama and watermelon juice is given as 250 ml for 7 days. Based on the Wilcoxon test, the difference in fasting blood glucose levels between the control and treatment groups was  $p = 0.005$  ( $p < 0.05$ ). So it can be concluded that there is an effect of giving a combination of jicama and watermelon juice on fasting blood glucose levels in diabetes mellitus patients at the Summersari Jember Health Center.

**Keywords : Diabetes Mellitus, Fasting Blood Glucose Levels, Jicama, Watermelon**