

**“The Effect of Giving Fragrant Pandanus Leaf Drink (*Pandanus amaryllifolius* Roxb.) to Changes in Blood Sugar Levels Fasting in Diabetes Mellitus Patients (*The Effect of Giving Fragrant Pandanus Leaf Drink (Pandanus amaryllifolius Roxb.) to Change in Blood Sugar Levels Fasting in Diabetes Mellitus Patients*)”**

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**ABSTRACT**

Diabetes mellitus is a chronic metabolic disease characterized by hyperglycemia. Antioxidants are non-pharmacological therapies used to treat Diabetes Mellitus patients in regulating fasting blood sugar levels. These antioxidants are like Flavonoids. The purpose of this study was to study the effect of giving fragrant pandan leaf drink to changes in blood sugar levels in patients with Diabetes Mellitus. The research was conducted from June to July 2019. This type of research used the Quasi Experiment design with Pretest-Posttest design with the Control Group. The sampling technique used was purposive sampling with a total sample of 40 the subject divided into 2 groups: 20 the subject in the control group and 20 groups containing 267 ml fragrant pandanus drinks consumed as a distraction. This study was analyzed using the Paired T test and Independent sample t-test. The results of the analysis of different pretest and posttest blood sugar levels in the group showed significant results ( $p = 0,000$ ) and the difference test results also showed a significant difference ( $p = 0,002$ ). The conclusion of this study is participation in the administration of fragrant pandan leaf drinks to changes in blood sugar levels in patients with Diabetes Mellitus, however unable to reach of normal  $<126$  mg/dL.

*Keywords: Diabetes Mellitus, Leaf Pandanus Fragrant, Fasting Sugar Levels.*