

*Effect of Kepok Bananas (Musa Paradisiaca Formatypica) Against Blood Glucose
In Patients with Type 2 Diabetes Mellitus At a Health
Center District Patrang Jember*

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ABSTRACT

Diabetes Mellitus Type 2 diabetes is insulin dependent. Type 2 diabetes is caused by decreased sensitivity to insulin (insulin resistance) or as a result of a decrease in the number of insulin production. The purpose of this study was to determine the effect of kepok yellow bananas on blood glucose levels in people with type 2 diabetes mellitus in Community Health Centres Patrang Jember. This research uses a design Quasi Experiment with pretest-posttest design with control group. Sampling technique used is purposive sampling with total sample of 32 patients with type 2 diabetes mellitus were divided into 2 groups: 16 respondents treatment group and control group. The results of this study were analyzed using Paired T-Test. The results of the analysis with Paired T Test average - average blood glucose levels while the control group pretest is 287,06 mg / dl, and the average - average blood glucose levels posttest control group is 268,75 mg / dl with p value = 0.016 (p value <0.05). On blood glucose levels in the treatment group pretest ie 292,69 mg / dl and the average - average blood sugar levels during the treatment group posttest ie 174,50 mg / dl with p value = 0.000 (p value <0.05). The conclusion of this research was the kepok yellow bananas or group treatment can lower blood glucose levels as in diabetes mellitus type 2 more than in the control group.

Keywords: *Consumption kepok banana yellow, Random blood glucose levels, Type 2 Diabetes Mellitus.*

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