

**PERANCANGAN VIDEO SIMULASI SEBAGAI EDUKASI
PENCEGAHAN DIABETES MELLITUS TIPE 2 PADA LANSIA DI
PUSKESMAS JEMBER KIDUL**

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ABSTRACT

Type 2 Diabetes Mellitus (DM) is a non-communicable disease with a high prevalence globally and nationally. The International Diabetes Federation (2021) projects that the number of people with DM will reach 783 million by 2045. In Indonesia, the prevalence is expected to increase from 9.19% (2020) to 16.09% (2045), with East Java being one of the high-prevalence regions 11.55% in (2025). Data from the Jember District Health Office in 2024 recorded 29,068 DM cases, with Jember Kidul Public Health Center as one of the highest contributors (2,456 cases), mostly among elderly aged 45–75 years. This study aimed to design and implement a simulation video as an educational medium for the prevention of type 2 DM among the elderly at Jember Kidul Public Health Center using the Research and Development (R&D) method with the ADDIE model.

The study population consisted of 80 elderly individuals, with a sample of 44 respondents selected using purposive sampling, involving 1 health promoter and 1 elderly program coordinator. The Analyze stage showed that 84% of 25 elderly participants needed audiovisual media. The Development stage produced a video validated by material experts (81%) and media experts (98%) in the very feasible category, followed by a limited trial (90%). The Implementation stage showed an acceptability rate of 92.42% (very feasible). The study concludes that the simulation video is highly feasible as an educational medium for preventing type 2 DM among the elderly. Future researchers are recommended to examine the effectiveness of this media in improving knowledge, attitudes, and behavioral changes using experimental designs.

Keywords: *ADDIE Model, Elderly, Simulation Video, Type 2 Diabetes Mellitus.*