

## **ABSTRACT**

*AGISTA RAHARDIYANI, Clinical Nutrition Program, Health Department, third period of 2010 of State Polytechnic of Jember, 2014 The Effects of Extract Labu Siam (Sechium edule) to the Diet Blood Glucose (Research to the patients with second Type of Diabetes Mellitus disease in Public Hospital of Rambipuji state of Jember).*

*This research used the Extract Labu Siam (Sechium edule). The research was conducted at the Public Hospital of Rambipuji of Jember distric which had been the highest rank of the number of diabetes mellitus patient in the distric of Jember. The purpose of the analyze research is to determine the differences of Died Blood Glucose for Patients with second type of Diabetes Mellitus disease, which Consuming and Not the Extract Labu Siam (Sechium edule).*

*This Research used Quasi-Experimental Research Design. Respondents in this research was 22 respondents, which divided into two groups: the experimental group and the control group. Each group has 11 respondents. The experimental group was given the 50 ml dosage of the Extract Labu Siam and Metformin. Otherwise, the 11 respondents of control group given Metformin only. The results of the research, after 28 days treatened , showed there were difference of died blood glucose levels in the experimental group p value at 0.00 Paired T Test. The Paired T Test also showed a difference in died blood glucose levels for the control group p value are 0.04. The result of analysis using Independent T Test resflect differences ini died blood glucose levels, by an average of decrease for the experimental group 73.18 (34%) and 12.64 (6%) for the control group, p value result 0.00.*

*Conclusiouns of this research there were the differences of died blood glucose levels of second type of diabetic patients. The average decrease of the experimental group were 73.18 (34%) and on the other hand. The decrease of the control group were 12.64 (6%) with p value 0.00.*

*Keywords: Extract Labu Siam, Metformin, Fasting Blood Glucose Levels.*