

## ABSTRAK

Diabetes Melitus merupakan suatu penyakit menahun yang ditandai dengan kadar glukosa darah melebihi normal yaitu kadar gula darah sewaktu sama atau lebih dari 200 mg/dl, dan kadar gula darah puasa di atas atau sama dengan 126 mg/dl. Berdasarkan data dari Dinas Kesehatan jumlah kasus diabetes melitus Di Kota Tasikmalaya sampai akhir tahun 2020 berjumlah 4529 kasus, dan setiap tahunnya mengalami peningkatan. Di Puskesmas Cibeureum per Januari 2021 terdapat 582 kasus, prolans diabetes melitus ada sekitar 61 orang yang aktif berkunjung ke Puskesmas Cibeureum maupun Puskesmas pembantu. Hasil Survei Awal masih ada beberapa masyarakat yang pola makan dan aktivitas fisiknya belum teratur. Tujuan penelitian ini adalah Menganalisis pengaruh edukasi kesehatan dengan bantuan media video terhadap praktik pengendalian kadar gula darah dalam hal pola makan indeks glikemik dan aktivitas fisik pada pasien diabetes melitus Di Puskesmas Cibeureum Kota Tasikmalaya. Metode penelitian ini menggunakan *quasy experiment pre posttest* dengan sampel sebanyak 26 orang di pilih sesuai dengan kriteria inklusi dan eksklusi. Teknik pengolahan data menggunakan analisis *wilcoxon* dan *paired t test*. Hasil uji statistik menunjukkan adanya pengaruh edukasi kesehatan dengan bantuan media video terhadap praktik pengendalian kadar gula darah dalam hal pola makan indeks glikemik dengan nilai  $p = 0.037$  ( $p < 0.05$ ) dan tidak ada pengaruh edukasi kesehatan dengan bantuan media video terhadap praktik pengendalian kadar gula darah dalam hal aktivitas fisik dengan nilai  $p = 0.063$  ( $p > 0.05$ ). Diharapkan masyarakat senantiasa menonton video supaya dapat menurunkan kadar gula darah dengan melaksanakan pengendalian kadar gula darah dalam hal pola makan dan aktivitas fisik.

Kata Kunci : Edukasi Kesehatan, Video, Kadar Gula Darah.

### ABSTRACT

*Diabetes Mellitus is a chronic disease characterized by blood glucose levels exceeding normal, namely blood sugar levels at the same time or more than 200 mg/dl, and fasting blood sugar levels above or equal to 126 mg/dl. Based on data from the Health Office, the number of cases of diabetes mellitus in the City of Tasikmalaya until the end of 2020 amounted to 4529 cases, and every year it has increased. At the Cibereum Health Center as of January 2021 there were 582 cases, there were around 61 people who actively visited the Cibereum Community Health Center and supporting Health Centers. The results of the Preliminary Survey, there are still some people whose diet and physical activity are not regular. The purpose of this study was to analyze the effect of health education with the help of video media on the practice of controlling blood sugar levels in terms of the glycemic index diet and physical activity in diabetes mellitus patients at the Cibereum Health Center, Tasikmalaya City. This research method uses a quasi-experimental pre-posttest with a sample of 26 people selected according to the inclusion and exclusion criteria. The data processing technique used Wilcoxon analysis and paired t test. The results of statistical tests showed that there was an effect of health education with the help of video media on the practice of controlling blood sugar levels in terms of the glycemic index diet with a p value = 0.037 ( $p < 0.05$ ) and there was no effect of health education with the help of video media on the practice of controlling blood sugar levels. in terms of physical activity with a value of  $p = 0.063$  ( $p > 0.05$ ). It is hoped that the public will always watch videos so that they can reduce blood sugar levels by controlling blood sugar levels in terms of diet and physical activity.*

*Keywords: Health Education, Video, Blood Sugar Levels.*