

# **PENGARUH KONSUMSI BAWANG MERAH TERHADAP PENURUNAN KADAR GLUKOSA DARAH PADA PASEIN DIABETES MELLITUS TIPE II DI PUSKESMAS CILACAP UTARA I**

*The Effect Of Onion Consumption On Reducing Blood Glucose Levels In Type II Diabetes Mellitus Patients In Puskesmas Utara Cilacap I*

**Mutiara Nur Azizah<sup>1</sup>, Engkartini<sup>2</sup>, Sutarno<sup>3</sup>**

<sup>1,2,3</sup> Universitas Al-Irsyad Al-Islamiyyah Cilacap  
Jl. Cerme No. 24 Sidanegara Cilacap

## **ABSTRAK**

Diabetes merupakan suatu penyakit *metabolik kronis* atau gangguan *metabolisme kronis* dengan *multi etiologi* yang ditandai dengan peningkatan glukosa darah disertai dengan gangguan metabolisme karbohidrat, lipid dan protein sebagai akibat *insufisiensi* fungsi insulin. Pada penatalaksanaan dengan metode non-farmakologi terdapat pengobatan herbal diantaranya mengonsumsi bawang merah. **Tujuan:** Penelitian ini untuk mengetahui pengaruh konsumsi bawang merah terhadap penurunan kadar glukosa darah pada pasien diabetes mellitus tipe 2 di Puskesmas Cilacap Utara I. **Metode:** *Design* penelitian ini menggunakan *quasi eksperimen pre-test-post-test with control group design*. Besar sampel sebanyak 30 orang seluruhnya adalah perempuan, pre-test pada penderita diabetes mellitus dengan menggunakan teknik *purposive sampling*. **Hasil:** Kadar glukosa pada pasien diabetes mellitus tipe 2 pada kelompok intervensi sebelum diberikan konsumsi bawang merah rata-rata 254.93 mg/dL dengan kadar glukosa darah terendah 180 dan tertinggi 364 mg/dL. Dan pada kelompok kontrol sebelum kelompok intervensi diberikan intervensi kadar glukosa darah rata-rata 246.80 mg/dL dengan kadar glukosa darah terendah 163 dan tertinggi 360 mg/dL. **Kesimpulan:** Hasil uji Independent T Test diketahui ada pengaruh konsumsi bawang merah terhadap kadar glukosa pada pasien diabetes mellitus tipe 2 ( $pvalue 0.045 > \alpha = 0.05$ ).

**Kata kunci:** Bawang Merah, Kadar Glukosa Darah, Diabetes Mellitus Tipe 2.

## **ABSTRACT**

*Diabetes is a chronic metabolic disease or chronic metabolic disorder with multi-etiology characterized by an increase in blood glucose accompanied by impaired carbohydrate, lipid and protein metabolism as a result of insulin function insufficiency.. In management with non-pharmacological methods, there are herbal remedies including consuming shallots. Objective: This study is to determine the effect of shallot consumption on reducing blood glucose levels in type 2 diabetes mellitus patients at the Puskesmas Cilacap Utara I. Purpose: This study is to determine the effect of shallot consumption on reducing blood glucose levels in patients with type 2 diabetes mellitus at the North Cilacap Health Center I. Methods: Design this study uses quasi-experimental pre-test-post-test with control group design. The sample size of 30 people, all of whom are women partisipans is woman was pre-tested in people with diabetes mellitus using purposive sampling techniques. Results: Glucose levels in type 2 diabetes mellitus patients in the intervention group before being given shallot consumption averaged 254.93 mg/dL with the lowest blood glucose levels of 180 and the highest 364 mg/dL. And in the control group before the intervention group was given intervention an average blood glucose level of 246.80 mg/dL with the lowest blood glucose level of 163 and the highest of 360 mg/dL. Conclusion: The results of the Independent T-Test found that there was an effect of onion consumption on glucose levels in patients with type 2 diabetes mellitus ( $pvalue 0.045 > \alpha = 0.05$ ).*

**Keywords:** Shallots, Blood Glucose Levels, Diabetes Mellitus Type 2