

The Effect of Educational Programs with Audio Visual and Written Media on Diabetes Mellitus Prevention Behavior and Quality of Life of the Citizens Padukuhan Kasihan

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ABSTRACT

Diabetes mellitus is the 4th largest cause of death in the world. The increasing number of patients with DM resulting in decreased quality of life that can be prevented with good DM prevention behavior as a health promotion efforts. The purpose of this research was to examine the effect of educational programs with audio-visual and written media on diabetes mellitus prevention behavior and quality of life of the people in Padukuhan Kasihan.

The research design was quasi experimental with a total sample of 54 respondents who was selected by using purposive sampling technique. Twenty seven respondents enrolled in control group received educational program a leaflet and twenty seven respondents enrolled in experimental group received educational program using video. Data were collected by using DM prevention behavior questionnaire and Indonesia version WHOQOL-BREF questionnaire. Data were analyzed using Independent T-Test and Paired T-Test.

The results showed that the average age of respondents was 31 years in the control group and 35 years in the experimental group. Both the control group and the experimental group increased DM preventive behavior (p value = 0.000 respectively) and quality of life (p value = 0.000 respectively) after conducted intervention. There was no significant difference in DM prevention behavior and quality of life between the control group and the experimental group after the intervention.

Video and leaflets are education media that equally effective to improve DM prevention behavior and quality of life of healthy people. Nurses can use the video and leaflets to provide education to improve DM prevention behaviors in order to optimize the quality of life. Researchers can develop more attractive educational media to improve DM prevention behaviors.

Keywords: *Diabetes Mellitus, Audio Visual Media, Behavior, Quality of Life.*

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