

INTISARI

Latar Belakang: Diabetes melitus merupakan salah satu penyakit yang mengancam jiwa. Salah satu alternatif pengelolaan diabetes mellitus adalah berpuasa Senin Kamis.

Tujuan: Tujuan penelitian ini adalah untuk mengetahui pengaruh Puasa Senin Kamis terhadap kadar gula darah sewaktu pada penderita diabetes melitus tipe 2.

Metode Penelitian: Penelitian ini adalah *Quasi-Experimental pre-test and post-test with control group design*. Penelitian dilaksanakan pada April hingga Mei 2016 di Dukuh Kasihan. Responden terdiri dari 15 orang di kelompok eksperimen yang diberikan intervensi Puasa Senin Kamis selama 1 bulan dan 15 orang di kelompok kontrol yang tidak diberikan intervensi dengan teknik *total sampling*. Data dianalisis dengan uji *Wilcoxon* dan *Independent T-Test* dengan taraf signifikansi $p < 0,05$.

Hasil Penelitian: Rerata usia dan lama menderita DM adalah 57,20 dan 4,53 tahun pada kelompok eksperimen serta 54,67 dan 6,13 tahun pada kelompok kontrol. Sebanyak 8 orang di kelompok eksperimen dan 9 orang di kelompok kontrol mengonsumsi Metformin.. Puasa Senin Kamis menurunkan kadar gula darah sewaktu pada kelompok eksperimen ($p=0,05$). Terdapat perbedaan setelah Puasa Senin Kamis antara kelompok eksperimen dan kontrol dimana gula darah kelompok eksperimen lebih rendah daripada kelompok kontrol ($p=0,031$).

Kesimpulan: Puasa Senin Kamis memiliki potensi menurunkan kadar gula darah sewaktu. Perawat dapat menggunakan Puasa Senin Kamis sebagai pilihan intervensi dalam menurunkan kadar gula darah. Penelitian selanjutnya dapat menguji pengaruh Puasa Senin Kamis terhadap variabel lain seperti asam urat dan tekanan darah dengan mengontrol variabel pengganggu dengan ketat.

Kata Kunci: Diabetes melitus, Puasa Senin dan Kamis

ABSTRACT

Background: *Diabetes mellitus is one of the life-threatening disease. One alternative management of diabetes mellitus was fasting on Mondays and Thursdays.*

Objective: *To determine the effect of fasting on Mondays and Thursdays to random blood glucose levels in people with type 2 diabetes mellitus.*

Methods: *Quasi-Experimental pre-test and post-test with control group design. The research was conducted from April to May 2016 in Dukuh Kasihan. Respondents consisted of 15 people in experimental group were given intervention fasting on Mondays and Thursdays for 1 month and 15 people in control group who were not given the intervention by total sampling technique. Data were analyzed using Wilcoxon test and Independent T-Test with a significance level of $p < 0.05$.*

Results: *Mean of age and length of suffering diabetes was 57.20 years old and 4.53 years in experimental and 54.67 and 6.13 years in control. Eight people in experimental and 9 in control were taking metformin.. Fasting on Mondays and Thursdays have made random blood glucose levels lower in experimental group ($p=0.05$). There are differences after fasting on Mondays and Thursdays between experimental and control in which blood glucose on experimental are lower than control ($p = 0.031$).*

Conclusion: *Fasting on Mondays and Thursdays has potential to decrease random blood glucose levels. Nurses may use fasting on Mondays and Thursdays as an optional intervention to decrease blood glucose. Next research can test the effect of fasting on Mondays and Thursdays to other variables such as uric acid and blood pressure by controlling confounding variables closely.*

Keywords: *Diabetes mellitus, fasting on Mondays and Thursdays*