

ABSTRAK

Latar Belakang: Diabetes Mellitus (DM) merupakan penyebab primer kematian dan kecacatan di seluruh dunia.

Tujuan: Mengetahui pengaruh beras porang terhadap kadar trigliserida pasien Diabetes Mellitus di Rumah Sakit Nasional Dionegoro.

Metode: Rancangan penelitian ini adalah penelitian jenis “true eksperimental”. Pada penelitian akan digunakan metode *Pre-Test and Post-Test Control Group Design*, yang menggunakan pasien Diabete Mellitus sebagai bahan objek peneliti. Objek penelitian dibagi menjadi 2 kelompok; kelompok perlakuan dan kelompok kontrol. Kelompok perlakuan diberikan diet nasi beras porang sebanyak 300 gram dibagi 3 kali sehari selama 1 bulan. Pada pengukuran kadar trigliserida akan dilakukan kepada 2 kelompok, sebelum dan sesudah perlakuan, kemudian akan dibandingkan kadar trigliserida sebelum dan sesudah perlakuan kepada 2 kelompok.

Hasil: Berdasarkan hasil penelitian, didapatkan nilai yang tidak signifikansi kadar trigliseridasebelum dan sesudah diberikan beras porang adalah $p = 0,456$.

Simpulan: Dari hasil penelitian ini ditemukan pengaruh yang tidak signifikan antara pemberian nasi beras porang dan penurunan kadar trigliserida pada pasien DM.

Kata Kunci: Diabetes Milletus, Beras Porang, Trigliserida

ABSTRACT

Background: Diabetes Mellitus (DM) is a major cause of death and disability in the world. Diabetes mellitus is related to glucose levels in the body. Normally glucose regulation is regulated by the hormones insulin and glucagon. Consuming glucose will increase plasma glucose levels and then this will trigger the release of insulin which will stimulate the transport of glucose into cells.

Aim: Knowing the effect of porang rice on triglyceride levels of Diabetes Mellitus patients at Dionegoro National Hospital.

Method: The design of this research is a "true experimental" type research. The research will use the Pre-Test and Post-Test Control Group Design method, which uses Diabetes Mellitus patients as research objects. The research object is divided into 2 groups; treatment group and control group. The treatment group was given a porang rice diet of 300 grams divided 3 times a day for 1 month. The measurement of triglyceride levels will be carried out in 2 groups, before and after treatment, then triglyceride levels will be compared before and after treatment in the 2 groups.

Result: Based on the results of the study, it was found that triglyceride levels were not significant before and after being given porang rice, $p = 0.456$.

Simpulan: From the results of this study, it was found that there was no significant effect between giving porang rice and decreasing triglyceride levels in DM patients.

Keywords: Diabetes Mellitus, Porang Rice, Triglycerides