**KEMENTRIAN KESEHATAN REPUBLIK INDONESIA**

**POLITEKNIK KESEHATAN KEMENKES RIAU**

**PROGRAM STUDI D IV KEPERAWATAN**

**SKRIPSI, APRIL 2020**

**AULYA NAFISAH**

**PENGARUH MENGKONSUMSI AIR REBUSAN KAYU MANIS TERAHADAP KADAR GULA DARAH PADA PENDERITA DIABETES MELLITUS TIPE 2 DI WILAYAH KERJA PUSKESMAS PAYUNG SEKAKI PEKANBARU**

XV + 32 Halaman + 7 Tabel +1 Skema + 15 Lampiran

**ABSTRAK**

**Latar Belakang;** Diabetes Mellitus diseluruh dunia mencapai 1,5 juta orang pada tahun 2012 dan menigkat pada tahun 2014 mencapai 9%. Di Indonesia merupakan Negara dengan penderita DM terbanyak urutan ke 4 dunia sebanyak 21,3 juta jiwa, sedangkan prevalensi DM di Provinsi Riau pada tahun 2015 sebanyak 13.891. pengobatan non farmakologis DM salah satunya dengan mengkonsumsi air rebusan kayu manis. **Tujuan Penelitian;** Untuk mengetahui pengaruh mengkonsumsi air rebusan kayu manis terhadap kadar gula darah pada penderita Diabetes Mellitus. **Metode Penelitian;** Jenis penelitian yang digunakan adalah kuantitatif dengan desain *Pra-experimental* dengan rancangan penelitian *One* *Group Pre test and Post test.* Teknik sampling menggunakan Non *probability sampling* dengan metode samling *Purposive sampling* jumlah sampel pada penelitian ini sebanyak 15 orang. **Hasil ;** Dari hasil uji *Wilcoxon* pada kadar gula darah nilai p-value (0,043) pada < α (0,05). **Kesimpulan;** Ada pengaruh mengkonsumsi air rebusan kayu manis terhadap kadar gula darah pada penderita Diabetes Mellitus. **Saran;** Bagi peneliti selanjutnya dalam melakukan penelitian mengenai pengaruh mengkonsumsi air rebusan kayu manis terhadap penyakit selain Diabetes Melitus.

**Kata Kunci: Air Rebusan Kayu Manis, Diabetes Mellitus**

**Daftar Pustaka: 18 Referensi (2011-2019)**

MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA

POLYTECHNIC OF HEALTH OF MINISTRY OF HEALTH RIAU

NURSING D IV STUCY PROGRAM

SCIENTIFIC PAPER, APRIL 2020

AULYA NAFISAH

EFFECT OF CONSUMING WATER DECOCTION OF CINNAMON TERAHADAP BLOOD SUGAR LEVELS IN PATIENTS WITH DIABETES MELITUS TYPE 2 IN THE WORKPLACE AREA HEALTH CARE UMBRELLA IN PEKANBARU

XV + 32 Page + 7 Tables + 1 Schemes + 15 Attachments

**ABSTRACT**

*Background ; Diabetes Mellitus around the world reaches 1.5 million people at tahun2012 and has been in the year 2014 reached 9%. In Indonesia is the country with the most DM sufferers sequence to 4 world as much as 21.3 million people, while the prevalence of DM in Riau province in 2015 as much as 13,891. Non pharmacological treatment DM one of them by consuming water decoction of cinnamon. Research objectives ; To know the effect of consuming water decoction of cinnamon to blood sugar levels in patients with Diabetes Mellitus. Research methods ; The type of research used is quantitative with pre-experimental design with a research draft of One Group Pre test and Post test. Sampling techniques using Non probability sampling by samling method Purposive sampling the number of samples on this study as much as 15 people. Results From the Wilcoxon test results on the blood sugar level of P-value (0.043) on the < α (0.05). Conclusion There is influence of consuming water decoction of cinnamon to blood sugar levels in people with Diabetes Mellitus. Suggestions For further researchers in conducting research on the effect of consuming water decoction of cinnamon to diseases other than Diabetes Mellitus.*

**Keywords: Water Stew Cinnamon, Diabetes Mellitus**

**Reading List: 18 References (2011-2019)**