

# Efektivitas model pemberdayaan sesama dalam memperbaiki pola makan dan pola latihan fisik dalam upaya mengendalikan kadar glukosa darah penyandang prediabetes = Effectiveness of sesama empowerment model in improving eating and physical exercise pattern of prediabetes patients in order to control blood glucose level

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## Abstrak

Prediabetes merupakan prakondisi Diabetes dengan risiko absolut DMT2 sebesar 2 10 kali Diabetes merupakan faktor risiko penyakit Jantung dan Stroke yang merupakan penyebab utama kematian di Indonesia Diabetes dapat dicegah dengan memperbaiki pola makan dan pola latihan fisik penyandang Prediabetes Penelitian bertujuan untuk memperoleh model pemberdayaan yang dapat memperbaiki pola makan dan pola latihan fisik sebagai upaya mengendalikan glukosa darah penyandang Prediabetes Pengembangan model segitiga kerjasama SESAMA dilakukan dengan studi fenomenologi dan divalidasi Efektivitasnya dengan quasi experiment with control group design "selama 16 minggu Jumlah sampel penelitian adalah 151 penyandang Prediabetes Hasil penelitian menunjukkan penurunan AKG sebesar 25 186 risiko pola latihan fisik sebesar 29 kali dan kadar glukosa darah menurun sebesar 5 734 mg DI Direkomendasikan kepada pihak terkait agar model "SESAMA" dapat digunakan sebagai salah satu model pencegahan diabetes di masyarakat.

.....Prediabetes constitutes a diabetic precondition with absolutely relative risk 2 10 times Diabetes is the risk factor of heart disease and stroke as the main cause of death in Indonesia Early handling of Prediabetes is important that take cares in the form of lifestyle shift especially improving eating and physical exercise pattern The aim of study was to develop empowerment model in improving eating and physical exercise pattern of prediabetes patients in order to control blood glucose level By Fenomenology study the empowerment model of segitiga kerjasama SESAMA have been developed The "SESAMA" model is validated in improving eating and physical exercise pattern as well as controlling blood glucose level of Prediabetes patients using quasi experiment with control group design The validation model conducted for 16 week period with 151 subjects The result of this study showed that the model could decreased AKG in amount of 25 186 risk of physical exercises pattern 29 times and decreasing of blood glucose level in amount of 5 734 mg DI This study recommended to related parties so that the model "SESAMA" could be implemented in preventing diabetes patients in community.