

## INTI SARI

### PENGARUH REBUSAN DAUN KERSEN (*MUNTINGIA CALABURA L*) TERHADAP TINGKAT KADAR GULA DARAH PADA PESERTA *DIABETES MELLITUS* TIPE II PROLANIS DI PUSKESMAS COLOMADU 1

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**Latar Belakang** : Daun kersen atau yang sering disebut daun talok ternyata memiliki banyak manfaat. Sebagian masyarakat menggunakan daun kersen untuk peluruh dahak dan penurun panas pada anak. Ekstrak etanol daun kersen yang diduga mempunyai efek menurunkan kadar gula darah. Kersen (*Muntingia calabura L*), daun dan buahnya ternyata memiliki kandungan senyawa penting dan juga berkhasiat sebagai obat Diabetes Mellitus.

**Tujuan**: Untuk mengetahui apakah ada pengaruh rebusan daun kersen terhadap penurunan kadar gula darah

**Metode**: Desain penelitian yang digunakan adalah *quaisi eksperimen*, serta rancangan penelitian yang akan digunakan penulis adalah *one group pre test-post test design*. Sampel penelitian adalah peserta prolanis di Puskesmas Colomadu 1 yaitu sebanyak 20 peserta. Teknik pengambilan sampel dilakukan secara *Total sampling* Analisis data dilakukan dengan menggunakan *uji paired sample t-test*.

**Hasil** : Berdasarkan hasil uji hipotesis menggunakan uji parametrik *Paired T-Test* diperoleh nilai rata-rata penurunan kadar gula darah antara sebelum dengan sesudah minum air rebusan daun kersen sebesar 25,20 mg/dL didukung dengan nilai signifikansi (*p value*) sebesar  $0,000 < 0,05$ . Hal ini berarti  $H_0$  ditolak dan  $H_a$  diterima sehingga dapat diartikan bahwa ada pengaruh rebusan daun kersen terhadap penurunan kadar gula darah pada penderita Diabetes Mellitus di Puskesmas Colomadu 1.

**Simpulan**: Ada perbedaan signifikan pada diabetes mellitus yang diderita peserta prolanis penderita diabetes mellitus di Puskesmas Colomadu 1

**Kata Kunci**: Daun Kersen, Diabetes Mellitus

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## ABSTRACT

### THE INFLUENCE OF KERSEN LEAF (*MUNTINGIA CALABURA L*) ON THE REDUCTION OF BLOOD SUGAR LEVELS IN DIABETES MELLITUS TYPE II OF PROLANIS IN COLOMADU 1 HEALTH CENTER

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**Background:** Kersen leaves have many benefits. Some people use kersen leaves to reduce phlegm and fever in children. Ethanol extract of kersen leaves is predicted to have the effect of reducing blood sugar levels. The leaves of *Muntingia calabura L* and fruit contain important compounds as well as it can also used as diabetes mellitus drugs.

**Objective:** To find out the effect of kersen leaf decoction in decreasing blood sugar levels.

**Method:** The research design used an experimental quasi. Meanwhile, the research implemented one group pre-test-post test design. The research sample was prolanis participants at the Colomadu 1 health center with 20 participants. Sampling technique implemented total sampling while data analysis was performed by paired sample t-test.

**Results:** Based on the results of the hypothesis test using the paired t-test parametric test, it is obtained the average value in decreasing blood sugar levels after and before drinking the decoction of kersen leaves is 25.20 mg / dL. It is supported by a significance value (p value) of 0.000 < 0.05 so  $H_0$  is rejected and  $H_a$  is accepted. Therefore, it can be interpreted that there is an effect of the kersen leaf decoction in decreasing blood sugar levels on patients with diabetes mellitus at the Colomadu 1 health center.

**Conclusion:** There is a significant difference in diabetes mellitus by prolanis patient with diabetes mellitus in Colomadu 1 health center.

**Keywords:** Kersen leaves, Diabetes Mellitus

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PUSAT PELAYANAN DAN  
PENGEMBANGAN BAHASA