

TABLE OF CONTENT

ABSTRACT.....	iv
STATEMENT OF ELIGIBILITY.....	vi
DECLARATION.....	vii
ACKNOWLEDGEMENTS.....	ix
TABLE OF CONTENT.....	xi
LIST OF FIGURE.....	xiii
LIST OF TABLE.....	xiii

CHAPTER 1 INTRODUCTION

A. Background.....	3
B. Formulation of the Problem.....	3
C. Purpose of Research.....	3
1. General Purpose.....	3
2. Special Purpose.....	3
D. The Benefits of Research.....	3
1. Theoretical Benefits.....	3
2. Practical Benefits.....	3
E. The Authenticity of the Research.....	4

CHAPTER II LITERATURE REVIEW

A. Ajwah.....	7
B. Study of the Prophet's Hadith Concerning the Consumption of Odd Number of Dates.....	9
C. Nutritional Status.....	10
1. Definition.....	10
2. Classification of Nutritional Status.....	11
D. Blood Glucose.....	11
1. Definition.....	11
2. Blood Glucose Screening.....	12
3. The Methodology of Blood Checking.....	13

4. Metabolism of Blood Glucose.....	14
E. Theoretical Framework	16
F. Conceptual Framework	17
G. The Hypothesis.....	17

CHAPTER III RESEARCH METHODOLOGY

A. Time and Place of Research	19
B. Instrumental of Research.....	19
C. Design Research.....	19
1. Population.....	19
2. Sample	19
3. Variable Research.....	20
D. Operational Definition.....	21
E. Procedure of Research.....	22
F. Data Analysis.....	24
G. Research Ethics	25

CHAPTER IV RESULTS AND DISCUSSION

A. RESULT	25
1. Research overview	25
2. Characteristics of research subjects.....	25
B. DISCUSSION.....	29
1. Characteristic of Subject	29
2. Relationship among Nutritional Status and Blood Glucose.....	30
3. Statistic Analysis among Group	31

CHAPTER V CONCLUSIONS AND SUGGESTION

A. CONCLUSIONS.....	35
B. SUGGESTION.....	35
REFERENCES	37
ATTACHMENT.....	43

LIST OF FIGURE

Figure 1. Ajwah Date	7
Figure 2. Theoretical Framework.....	16
Figure 3. Conceptual Framework	17
Figure 4. Research Flow	23
Figure 5. Ajwah Dates.....	47
Figure 6. Screening	47
Figure 7. Registration of Subject	48
Figure 8. Checking Fasting Blood Glucose	48
Figure 9. Checking Blood Glucose (60 Minute).....	49
Figure 10. Checking Blood Glucose (Postprandial)	49
Figure 11. Ajwah Dates for Respondents.....	49
Figure 12. Watching a Film.....	50
Figure 13. Explain about Result of Blood Glucose	50
Figure 14. Explain about Data Graphic	51

LIST OF TABLE

<u>Table 1. The Authenticity of the Research.....</u>	4
Table 2. Chemical Content of Ajwah (g/100 g)	8
Table 3. Body Mass Index (BMI) based on Asia Pacific	11
Table 4. Normal Blood Sugar Content Value.....	13
Table 5. Operational Definition	21
Table 6. Characteristic of Subject.	26
Table 7. The Average of blood glucose checking and ANNOVA test results between groups.....	27
Table 8. The Average of Blood Glucose Checking and ANNOVA Test Results According to Amount of Ajwa Date.....	28
Table 9. The Average of blood glucose checking and ANNOVA test results according to nutritional status	28
Table 10. Paired T-test in each group (before-after)	29