

THESIS

**THE EFFECT OF EDUCATION FOR OUTPATIENTS WITH TYPE 2
DIABETES MELLITUS ON KNOWLEDGE AND GLYCEMIC
CONTROL AT RSUD NGAWI**



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UNIVERSITAS DARUSSALAM GONTOR
PONOROGO
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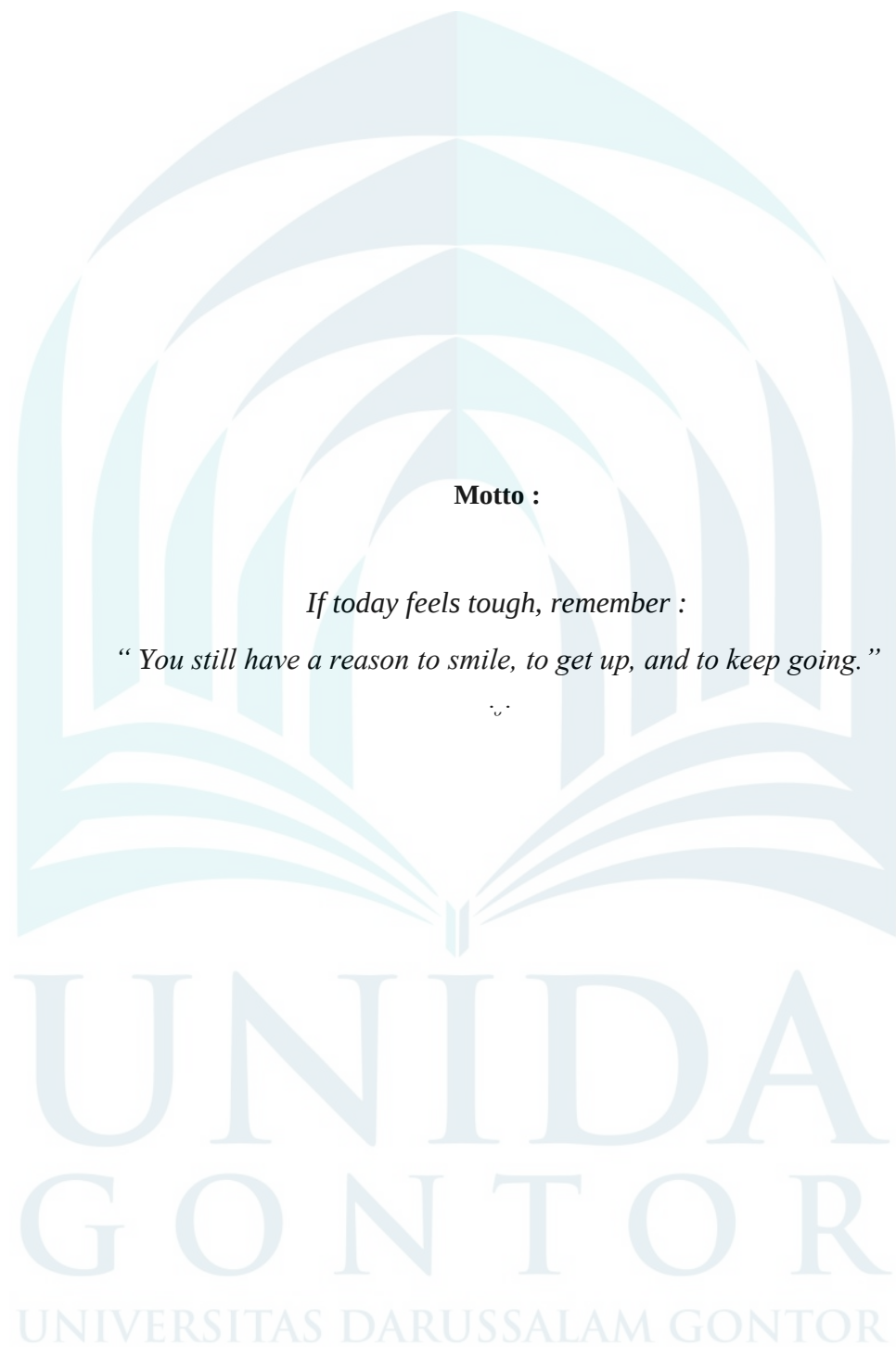
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Motto :

If today feels tough, remember :

“ You still have a reason to smile, to get up, and to keep going.”

VALIDITY SHEET

It is hereby stated that the thesis with the title:

"THE EFFECT OF EDUCATION FOR OUTPATIENTS WITH TYPE 2 DIABETES MELLITUS ON KNOWLEDGE AND GLYCEMIC CONTROL AT RSUD NGAWI"

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ABSTRAK

Diabetes Mellitus tipe 2 merupakan penyakit metabolik yang ditandai dengan hiperglikemia akibat resistensi insulin dan gangguan sekresi insulin. Edukasi pasien berperan penting dalam meningkatkan pengetahuan dan kontrol glikemik untuk mencegah komplikasi. Penelitian ini bertujuan untuk menganalisis pengaruh edukasi terhadap peningkatan pengetahuan pasien diabetes mellitus 2 serta dampaknya terhadap kontrol glikemik di RSUD Ngawi. Pada penelitian ini menggunakan metode desain *One-Group Pretest-Posttest* pada 54 pasien diabetes mellitus tipe 2 rawat jalan di RSUD Ngawi. Pengumpulan data menggunakan kuisioner pretest dan posttest untuk menilai adanya perubahan pengetahuan pada pasien, serta pengukuran kadar gula darah sebelum dan setelah dilakukannya edukasi. Analisis data dilakukan dengan menggunakan uji *T-Test* dan *Wilcoxon Sign Rank Test* menggunakan SPSS. Hasil penelitian ini menunjukkan tidak adanya pengaruh terhadap pengetahuan pada pasien setelah diberikannya edukasi, pada pretest dan posttest yang diberikan terhadap pasien terdapat perbedaan nilai yang kurang dengan nilai *p value* 0,07. Pada hasil pretest dan posttest didapatkan hasil yang kurang signifikan. Dikarenakan adanya faktor yang menyertainya. Terdapat penurunan kadar gula darah acak dari nilai tertinggi yaitu antara 440 mg/dl menjadi 370 mg/dl setelah diberikannya edukasi, menunjukkan adanya perbaikan pada kontrol glikemik. Kesimpulan dari penelitian ini menunjukkan bahwa edukasi pasien tidak memiliki pengaruh positif terhadap peningkatan pengetahuan dan kontrol glikemik pasien diabetes mellitus tipe 2. Edukasi yang lebih intensif direkomendasikan untuk meningkatkan pemahaman pasien.

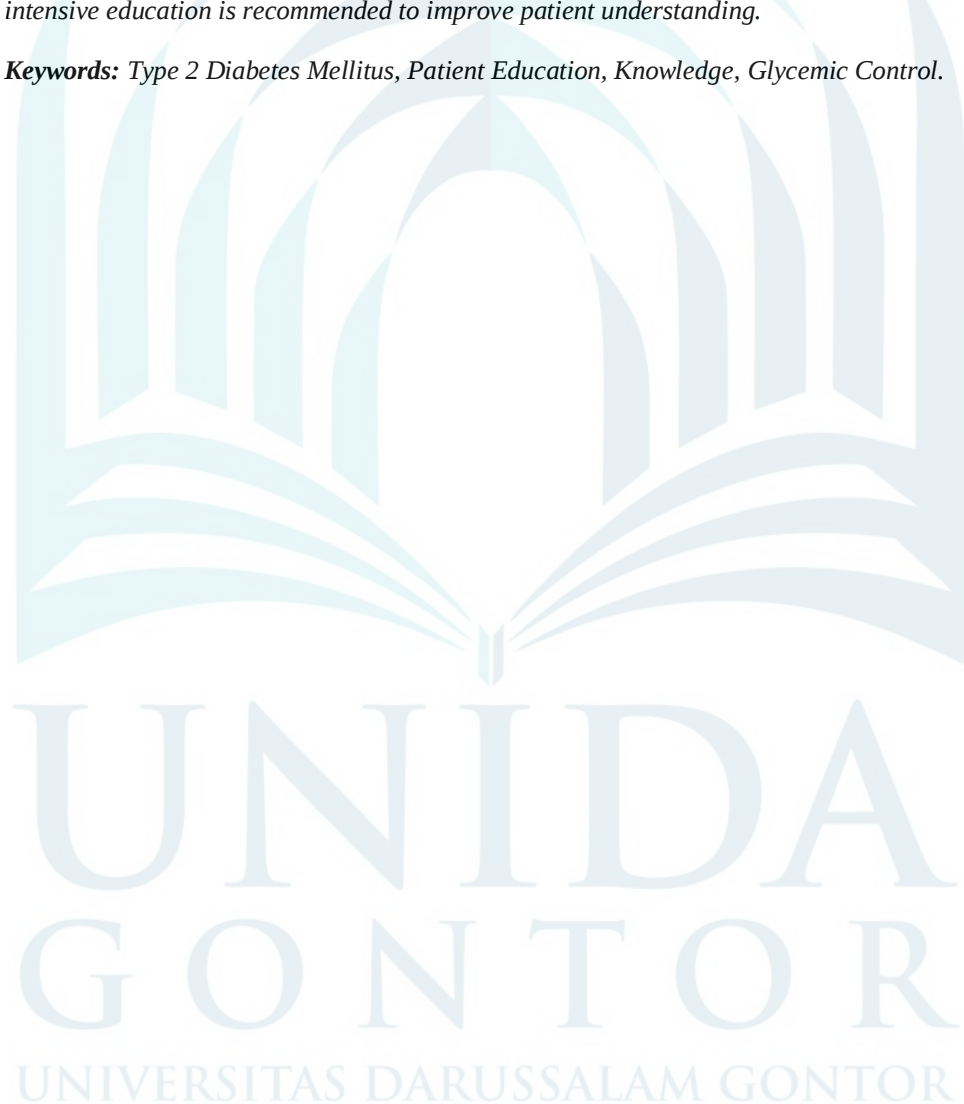
Kata Kunci: Diabetes Mellitus Tipe 2, Edukasi Pasien, Pengetahuan, Kontrol Glikemik.



ABSTRACT

Type 2 Diabetes Mellitus is a metabolic disorder characterized by hyperglycemia due to insulin resistance and impaired insulin secretion. Patient education plays a critical role in improving knowledge and glycemic control to prevent complications. This research aims to analyze the effect of education on improving knowledge of type 2 diabetes patients and its impact on glycemic control at Ngawi Regional Hospital. This research used a one-group pretest-posttest design involving 54 outpatients with type 2 diabetes mellitus. Data was used pretest and posttest questionnaires to assess knowledge changes and measured blood glucose levels before and after the education was provided. Data analysis was performed using T-Test and Wilcoxon Sign Rank Test with SPSS. The results indicate that there is no significant effect on patient knowledge after education, with a p-value of 0.07. Pretest and posttest scores showed a slight negative change. However, there was a decrease in random blood glucose levels from a high of 440 mg/dL to 370 mg/dL after education, indicating some improvement in glycemic control. In conclusion, this research indicated that education does not significantly improve knowledge or glycemic control in patients with type 2 diabetes. More intensive education is recommended to improve patient understanding.

Keywords: Type 2 Diabetes Mellitus, Patient Education, Knowledge, Glycemic Control.



ACKNOWLEDGEMENTS

Bismillahirrahmanirrahiim

Assalamu'alaikum Warahmatullahi Wabarakatuh

All praise and gratitude be to Allah SWT for His blessings, guidance, and countless favors, which have made it possible for the author to complete this thesis.

This thesis is written to fulfill one of the final requirements for graduation from the Bachelor of Pharmacy Program at the University of Darussalam Gontor, titled **“The Effect of Outpatient Education on Knowledge and Glycemic Control in Type 2 Diabetes Mellitus Patients at RSUD Ngawi.”**

The author realizes that this accomplishment could not have been achieved without the help, guidance, support, and prayers of many parties. Therefore, the author would like to express sincere gratitude to: :

1. Al-Ustadz Prof. Dr. Hamid Fahmi Zakarsyi, M.A., M.Phill. as rector of Darussalam Gontor University, Al-Ustadz Assoc. Dr. Abdul Hafidz Zaid, M.A. as vice rector Universitas Darussalam Gontor, Al-Ustadz Assoc. Dr. Setiawan bin Lahuri, M.A. sebagai as vice rector II Universitas Darussalam Gontor, dan Al-Ustadz Assoc. Dr. Khoirul Umam, M.Ec. as vice rector III Universitas Darussalam Gontor.
2. Al-Ustadz apt. Amal Fadholah, S.Si., M.Si. Dean of the Faculty of Health Sciences and the second thesis advisor, for his guidance and advice.
3. Al-Ustadzah apt. Fauziyyah Al Hasanah, M.Farm. as the first thesis advisor, for her assistance and valuable suggestions.
4. Al-Ustadzah apt. Nadia Iha Fatihah, M.Clin.Pharm. as the Head of the Pharmacy Study Program and thesis examiner, for her time, input, and evaluations.
5. All lecturers at the University of Darussalam Gontor who have supported this thesis process.
6. The heads of the Medical Records, Pharmacy, and Revenue Departments at RSUD Soeroto Ngawi for their cooperation in this research.

7. My beloved parents, Mr. Suyono and Mrs. Sulastris, who are my home, my support, and my strength. Thank you for your endless patience, care, support, and prayers. Your sacrifices—both material and emotional—mean everything.
8. My dear siblings Dewi Suryaningsih, Yeni Wahyuningrum, Endah Ayu, and Syifa Fiza, thank you for the laughter, motivation, and comfort during both happy and difficult times.
9. My fellow students from the Pharmacy Class of 2021, for the shared journey over the past four years. Your support, encouragement, and motivation were instrumental in completing this thesis. And to the one written for me in Lauhul Mahfudz, whose presence keeps me striving and resilient.

The author realizes that this thesis is far from perfect and therefore welcomes constructive criticism and suggestions from all parties.

Finally, may this thesis be beneficial for all and contribute to the advancement of pharmaceutical science.

Ponorogo, January 2025

Author,



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