INFLUENCE OF CONSUMPTION OF DRY CHICKEN BREAKFAST LEAF (Musa Paradisiaca L.) ON DOWNLOADING OF BLOOD SUGAR TO DIABETES MELITUS IN NORTH HALMAHERA

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ABSTRACT

Diabetes mellitus (DM) is a metabolic disorder diseases caused by abnormalities of insulin secretion, the imbalance between the supply and the needs of insulin, characterized by hyperglycemia. Banana leaf plant includes dried kepok type m. paradisiaca Sapientum var, m. nana or also known as m. cavendishii, m. sinensis. banana kepok plants types of herbs are multi-functional in indonesia. This type of research is research Kuantitaif research design with a Quasi alphabets experiment Design With Pre-Post Control Group, to analyze the effect of consumption of water decoction of dried banana leaves kepok against decrease in blood sugar levels in people with diabetes mellitus. The population in this study are the sufferers of diabetes mellitus in the village of Lina ino. The sample used as many as 10 people are taken with a simple random techniques. Data taken using a questionnaire with respondents directly through interviews and the examination of blood sugar levels. Once tabulated data and in the analysis of the test using the T-Test with significant results is 0.002 < 0.05. And df = n-k (= 4; 5-1) where n = the number of respondents and k = 1. Test result SPSS statistics in getting significant value = 0.000 < 0.05, or value T calculate (7,082) > T table (2,776), meaning it can be concluded that there is an influence of dried banana leaves kepok against the decline in blood sugar levels and the control group (α = 0.201) > 0.05. Based on the results of the research have been

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demonstrating there is influence the consumption of dried banana leaves kepok decoction against decrease in blood sugar levels in the Group of alphabets experiment.

**INTRODUCTION**

Diabetes mellitus (DM) is a metabolic disorder disease caused by insulin secretion disorder, an imbalance between supply and insulin requirement, characterized by hyperglycemia (according to American Diabetes Association) (ADA), DM can be classified into several types namely, DM type 1, DM type 2, DM Gestational and other DM type. Several types are present, type 2 DM is one of the most common types found in more than 90-95% (ADA, 2015).

Data World Health Organization (WHO), currently there are 366 million people with DM in the world, in Indonesia in 2000 as many as 8.4 million people and will increase to 21.8 million in 2030, so that Indonesia occupied the fourth rank after the United States, China and India among countries with the highest number of people with diabetes, with the largest population population in the world (Aditama, 2011).

Along with the development of the era, the pattern of disease suffered by the community has shifted from infectious diseases and malnutrition to degenerative diseases, one of which is diabetes mellitus (Suyono, 2011).

According to the Ministry of Health of the Republic of Indonesia (KEMENKES RI) 2014 The latest Estimation of the International Diabetes Federation (IDF), there are 382 million people living with diabetes in the world by 2013. Estimated from the 382 million people, 175 million are undiagnosed, progressively progressing into unconscious and unconscious complications (Ministry of Health, RI 2014)

North Halmahera with the highest prefelence of my northern head. data obtained from the Health Office of North Halmahera Regency the number of people with diabetes mellitus (DM) in 2016 is 219 people (Halut Health Service, 2016).

Patients with diabetes mellitus (DM) in the village of Lina no recorded 10 people consisting of 2 men, men and women 8 people. With the age criteria of 42 years as many as 2 people, 46 years as many as 1 person, 61 years as many as 1 person, 53 years as many as 1 person, 63 years as many as 1 person, 45 years as many as 1 person, 69 years as many as 1 person, 78 year 1 people and 67 years as many as 1 person.

Benefits of banana leaves kepok is a natural remedy for fever. The type of banana leaf used is young, how easy enough. Banana leaves are still young or commonly also called pupus (ompos). The amount is just one midrib. Next, clean the banana leaves and apply coconut oil on the surface. Then, stick the leaf on the forehead, stomach neck and also the back of the sick. Wait some time until the fever disappears. This recipe is a hereditary heritage of our ancestors. Although not medically studied but based on the hereditary experience, this way is powerful enough to overcome the fever, especially in children.

Bubbled banana leaves are used to treat cold poultice on swollen skin or abrasions, dysentery, to many menses, nosebleeds and other bleeding, sore throat, epidermic encephalitis, leucorrhoea, cough or chest pain such as bronchitis, and thin hair. Fruit is used to overcome dysentery or cough blood, diarrhea or dysentery, stomach ulcers (young fruit), lack of blood (anemia), heat accompanied by exhaust, thirst, and weak, celiac disease, allergic to rice powder, dry, sprue, smooth the skin of the hands or feet, constipation, hemorrhoids, high blood pressure (hypertension), and chronic alcohol poisoning (alcoholism). (Abdul R, 2016).

**METHODS**

Research design is a model or method used by researcher to conduct a research to give direction to research nets (Darmon.2011). The design used in this research is “Quasy experiment design with pre-post control group” involving intervention group and control group.

The aim of this research is to know the change of blood sugar level before and after given dry banana leaf. Assessment using design twice, ie before and after experiment (pre and post test), pre and post test differences are considered to be the effect of treatments (Arikunto, 2005).

**RESULTS**

Respondents in the intervention group were female as many as 3 people and men as many as 2 people and the control group was female 5 person. Regarding the influence of the work of the respondents seen a decrease in blood sugar levels need to be further research for example between farmers and civil servants both intervened but the improved is farmers.

The existence of influence from the consumption of boiled water of dried banana leaves to lower blood sugar levels in patients with diabetes
mellitus because boiled water of dried banana leaves contain compounds: Hexadecanoic acid, Beta - sitosterol, Vitamin E and Stigmasterol. Which plays a role in lowering blood sugar levels Investigation on leaf ethanol extract and Kelor pods has resulted in the isolation and structure of the active compounds.

Analysis of the Effect of Water Consumption of Boiled Banana Leaf Stones on Blood Sugar Drop on Diabetes Mellitus Patients

In this penilitian note that there is significant influence with the intervention of water consumption of dried banana leaves kepok decoction on sufferers of diabetes mellitus. It is known from the analysis results of the SPPS 2.3 T-test with Test results obtained, i.e. the value of α = 0.002.

Based on comparison test of T and T count table
a. the results of statistical tests SPPS obtained significant = 0.000<0.05, atau= nilai= tte" hitung="(7.082)=":" T table (2.776), means that it can be concluded that there is influence the consumption of dried banana leaves kepok against decrease in blood sugar levels.
b. test statistic analysis results (SPPS) using a T-test (T T table and count) demonstrating that the banana leaf kepok lkering has an impact on decreasing blood sugar levels.

CONCLUSION

Based on the results of research and discussion can be put forward the following conclusions:
1. Experiment Group showed that the result of percentage of blood sugar level in diabetics mellitus after being given the consumption of boiled banana dried leaves is: good 60%, moderate 40% height 0%.
2. In the control group showed that there was no difference between the pre-post in the control group, the group that was not given boiled banana leaves of dried banana mean blood sugar levels in the control group remained the same without the decoction of dried banana leaves where blood sugar levels in the control group are: both 0%, moderate 0% high 100%.
3. At the percentage of the results indicate that blood sugar levels of diabetics after consuming a decoction of dried banana leaves kepok good 60%, moderate 40% height 0% this indicates that there is influence after consuming decoction of dried banana leaves.
4. Then Ho is rejected and Ha accepted if the probability value> 0.05.dalam this research is known there is influence of decoction of dried banana leaf.

REFERENCES


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