

LAMPIRAN

Lampiran 1. Gambaran karakteristik responden

NAMA/USIA	BB	TB	IMT
Ny. sum/62	48	150	21,3
Ny. asp/60	55	158	22,9
Ny. sumh/58	56	153	23,9
Ny. muj/54	45	156	18,5
Ny. kar/50	67	161	26,1
Ny. min/48	80	163	30,7
Ny. mam/47	77	160	30
Ny. kas/49	55	164	20,5
Ny. mar/56	60	155	25
Ny. lil/45	79	170	27,3
Ny. yah/46	74	160	28,9
Ny. sup/52	75	164	28,8
Ny. S.rub/49	81	157	32,9
Ny. sun/49	83	156	34,1
Ny. m.res/51	78	159	30,8
Ny. tat/52	65	156	26,7
Ny. ruk/62	75	157	30,4
Ny. har/49	80	164	29,8
Ny. S.rof/45	60	161	23,1
Ny. nan/46	77	160	30
Ny. rin/54	67	156	27,5
Ny. war/46	64	162	24,4
Ny. S.as/60	79	160	30,8
Ny. um/61	69	161	26,6
Ny. S.ras/53	73	157	30,4
Ny. suk/52	74	158	29,7

Lampiran 2. Rekapitulasi Tes DASS 42 Sebelum diberikan Edukasi

TINGKAT STRES				
NORMAL (0-14)	RINGAN (15-18)	SEDANG (19-26)	BERAT (26-33)	SANGAT BERAT (>34)
		23		
			30	
			31	
		25		
		26		
				34
				34
			29	
			33	
			32	
			31	
			33	
				35
				34
				36
			28	
				34
			26	
		25		
				36
			31	
			32	
				34
			32	
				37
		26		

Lampiran 3. Rekapitulasi Tes DASS 42 Sesudah diberikan Edukasi

TINGKAT STRES				
NORMAL (0-14)	RINGAN (15-18)	SEDANG (19-26)	BERAT (26-33)	SANGAT BERAT (>34)
		20		
			28	
			30	
		23		
		26		
			32	
			33	
			28	
			32	
			30	
			30	
			29	
			28	
			29	
			27	
			26	
		25		
			30	
		20		
		24		
			32	
			28	
		19		
			29	
				34
		23		

Lampiran 4. Lembar Formulir recall 24 jam sebelum diberikan edukasi

ASUPAN MAKAN				
E	P	L	KH	S
1435	25,6	23,5	213	3,4
1332	20,32	24,7	201,3	4,5
1505	33,7	34,56	202,1	7,4
1232	21,2	21,54	197,9	5,45
1450	24,9	24,5	214,5	5,7
1670	45,3	40,23	249,4	4,34
1603	35,7	32,1	263,4	7,7
1768	25,6	27,4	269,5	6,87
1889	28,67	31,1	278,5	4,6
1765	33,22	34,23	260,3	5,9
1887	32,4	35,3	280,9	5,71
1698	21,9	23,65	254,1	6,5
1798	32,1	34,4	234,2	7,6
1768	39,5	36,3	245,7	7,8
1698	29,47	29,6	231	8,5
1453	31,2	34,5	243,2	4,6
1977	43,2	38,5	290,2	6,5
1765	24,5	26,78	239,5	5,4
1786	26,43	27,6	279,5	6,7
1876	28,54	30,1	273,3	5,7
1654	27,4	23,6	252,1	7,6
1987	39,1	35,65	300,2	6,76
1965	37,5	40,1	297,6	5,4
1765	29,4	30,3	267,5	9,5
1779	25,4	26,5	269,3	4,8
1658	26,7	27,89	235,9	8,5

Lampiran 5. Lembar Formulir recall 24 jam sesudah diberikan edukasi

ASUPAN MAKAN				
E	P	L	KH	S
1672	33,5	30,2	232,01	6,4
1632	34,7	29,7	212,31	5,5
1605	39,56	35,6	203,4	8,6
1432	32,54	28,5	233,4	8,5
1650	35,5	27,8	231,09	7,7
1570	47,23	41,2	250,3	8,34
1703	39,1	33,4	271,2	8,7
1780	45,4	28,7	269,04	8,8
1890	39,1	32,39	280,4	5,61
1843	38,5	35,9	261,3	7,93
1880	35,3	37,34	281,2	7,71
1543	33,1	27,68	263,01	8,5
1832	39,2	36,5	243,43	8,6
1790	38,5	37,9	253,1	8,9
1790	34,01	31,02	240,23	8,7
1684	39,5	35,09	245,6	7,5
1995	43,9	39,2	293,1	9,6
1810	34,09	29,73	248,9	8,6
1890	35,1	31,05	284,3	8,7
1980	39,8	32,18	281	9,8
1830	35,01	26,98	263,2	9,01
2100	37,08	37,43	301,2	8,12
2011	40,23	41,03	298,3	6,98
1932	37,13	33,4	268,4	11,02
1880	36,07	28,05	271,3	8,71
1821	31,09	29,1	243,03	9,12

Lampiran 6. Kadar Glukosa Darah Puasa sebelum dan sesudah

Sebelum	Sesudah
KADAR GDP	KADAR GDP
160	111
135	121
180	117
160	143
157	129
167	109
165	112
176	134
155	102
139	132
150	128
154	122
149	139
170	127
156	118
145	123
160	150
167	145
158	132
170	141
173	139
149	123
156	132
160	129
157	141
167	149

Lampiran 7. Leaflet 1



Diabetes Melitus

Apa itu DM?
DM adalah penyakit menahun yang ditandai dengan peningkatan kadar glukosa darah

Gejala Utama:

- sering haus (polidipsi)
- sering lapar (polifagi)
- sering kencing (poliuria)

Prevalensi:

- 45-54 th (3,9%)
- 55-64 th (6,3%)
- 65-74 th (6,0%)
- >75 th (3,3%)

**DIET 3J
TEPAT JUMLAH,
TEPAT JADWAL,
TEPAT JENIS**

GULOH-CISAR

Glukosa : batasi gula
Uric acid : hindari jeroan, tape, dsb
Lemak : hindari makanan berlemak
Obesitas : kontrol berat badan
Hipertensi : hindari garam berlebih

Cigarette : stop merokok
In activity : olahraga teratur
Stress : hindari stres
Alkohol : hindari konsumsi alkohol
Regular check up!



Mengenal
Diabetes Melitus




Gejala stres pada penderita diabetes

1. Merasa sedih atau hampa
2. Makan berlebihan atau tidak mau makan sama sekali
3. Kesulitan berkonsentrasi atau mengambil keputusan
4. Merasa putus asa, mudah tersinggung, cemas, atau bersalah
5. Kehilangan minat pada aktifitas favorit
6. Tidak bisa tidur atau tidur terlalu banyak
7. Merasa sangat lelah
8. Mengalami sakit atau nyeri, sakit kepala, kram, atau masalah pencernaan
9. Memiliki pikiran untuk butuh diri atau kematian

Cara menanggulangi stres pada pasien diabetes

1. Menjadi aktif
2. Olahraga ringan
3. Membatasi kafein, makan makanan sehat, dan cukup tidur
4. Berkontak dengan teman yang memahami kita
5. Beristirahatlah dari apapun yang dilakukan

*Hidup Sehat,
Tanpa diabetes*

Sumber : Kemenkes RI



Lampiran 8. Leaflet 2



Diabetes Melitus

Diet ini diberikan kepada pasien penyakit kencing manis atau disebut penyakit diabetes mellitus. Pada pasien kencing manis terjadi peningkatan kadar gula dalam darah dan ditandai dengan adanya gula dalam urin.

Tujuan Diet DM:

- Memberikan makanan sesuai kebutuhan.
- Mempertahankan kadar gula darah sampai normal/mendekati normal.
- Mempertahankan berat badan normal.
- Mencegah teradinya kadar gula darah terlalu rendah yang dapat menyebabkan pingsan.

Prinsip Diet DM :

- Jumlah kalori ditentukan menurut umur, jenis kelamin, berat badan, tinggi badan, aktifitas sehari-hari, dan kondisi tubuh.
- Penggunaan karbohidrat dibatasi, terutama menghindari penggunaan karbohidrat sederhana (gula pasir, gula merah, gula batu, dan madu).
- Protein cukup sesuai kebutuhan.
- Pilihlah lemak tidak jenuh.
- Kandungan serat tinggi.

CONTOH MENU DIET SEHARI

PAGI
Nasi putih
Semur daging
Tahu masak jamur
Sup lobak dan tomat

Selingan pagi
Jus mangga

SIANG
Nasi putih
ikan goreng
Tempe goreng
Sayur asem
Buah jeruk

Selingan Siang
Buah pisang

MALAM
Nasi putih
Botok ayam
Pepes tahu
Tumis buncis
Buah pepaya



Mengenal Diabetes Melitus



Tatalaksana diet DM

- Disamping berdiet, lakukan olahraga secara teratur.
- Waspada kemungkinan terjadinya hipoglikemia
- Hipoglikemia: suatu keadaan dimana kadar gula terlalu rendah dan dapat menyebabkan koma. Hal ini dapat terjadi karena ketidakseimbangan antara makanan yang dimakan dengan kegiatan dan obat yang digunakan.

Bahan Makanan yang dianjurkan, dibatasi, dihindari

bahan makanan dianjurkan :
sumber protein : unggas tanpa kulit, ikan, telur, tahu, tempe, kacang-kacangan (kacang merah, kacang hijau,, kacang kedelai)
sayuran segar, buah segar, susu skim

bahan makanan yang dibatasi :
semua sumber hidrat arang seperti nasi, roti, pasta, jagung, kentang, ubi, talas, havermout, sereal, mie, ketan, macaroni, biscuit,
sumber protein hewani tinggi lemak jenuh,
sayuran : bayam, buncis, daun melinjo, labu siam, daun singkong jagung muda, kacang panjang
untuk buah nanas, anggur, mangga, pisang susu full cream, keju, mayonaise
makanan yang digoreng dan bersantan

bahan makanan yang dihindari :
gula pasir, gula merah, madu, gula batu
makanan/minuman yang manis seperti kue, sirup, es krim,
bumbu bumbu yang manis seperti kecap dan saus tiram
buah buahan yang manis/makanan yang diawetkan
minuman yang mengandung alkohol

*Hidup Sehat,
Tanpa diabetes*

**DIET 3J
TEPAT JUMLAH,
TEPAT JADWAL,
TEPAT JENIS**

Sumber : Kemenkes RI



Lampiran 9 Uji normalitas saphiro wilk

Energi

Descriptives

		Statistic	Std. Error	
sebelum	Mean	1698.5769	38.75970	
	95% Confidence Interval for Mean	Lower Bound	1618.7498	
		Upper Bound	1778.4040	
	5% Trimmed Mean	1707.3205		
	Median	1765.0000		
	Variance	39060.174		
	Std. Deviation	197.63647		
	Minimum	1232.00		
	Maximum	1987.00		
	Range	755.00		
	Interquartile Range	239.00		
	Skewness	-.675	.456	
	Kurtosis	-.027	.887	
	sesudah	Mean	1790.1923	31.28416
95% Confidence Interval for Mean		Lower Bound	1725.7614	
		Upper Bound	1854.6232	
5% Trimmed Mean		1792.5983		
Median		1815.5000		
Variance		25446.162		
Std. Deviation		159.51853		
Minimum		1432.00		
Maximum		2100.00		
Range		668.00		
Interquartile Range		223.50		
Skewness		-.275	.456	
Kurtosis		-.214	.887	

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
sebelum	.170	26	.051	.941	26	.141
sesudah	.128	26	.200*	.983	26	.934

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
sebelum	26	1232.00	1987.00	1698.5769	197.63647
sesudah	26	1432.00	2100.00	1790.1923	159.51853
Valid N (listwise)	26				

Protein

Descriptives

		Statistic	Std. Error	
sebelum	Mean	30.3408	1.29529	
	95% Confidence Interval for Mean	Lower Bound	27.6731	
		Upper Bound	33.0085	
	5% Trimmed Mean	30.0821		
	Median	29.0350		

	Variance		43.622	
	Std. Deviation		6.60472	
	Minimum		20.32	
	Maximum		45.30	
	Range		24.98	
	Interquartile Range		8.65	
	Skewness		.647	.456
	Kurtosis		-.181	.887
sesudah	Mean		37.4708	.76949
	95% Confidence Interval for Mean	Lower Bound	35.8860	
		Upper Bound	39.0556	
	5% Trimmed Mean		37.2879	
	Median		37.1050	
	Variance		15.395	
	Std. Deviation		3.92364	
	Minimum		31.09	
	Maximum		47.23	
	Range		16.14	
	Interquartile Range		4.97	
	Skewness		.778	.456
	Kurtosis		.507	.887

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
sebelum	.134	26	.200*	.953	26	.279
sesudah	.126	26	.200*	.942	26	.151

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
sebelum	26	20.32	45.30	30.3408	6.60472
sesudah	26	31.09	47.23	37.4708	3.92364
Valid N (listwise)	26				

LEMAK

Descriptives

		Statistic	Std. Error	
sebelum	Mean	30.5619	1.07253	
	95% Confidence Interval for Mean	Lower Bound	28.3530	
		Upper Bound	32.7708	
	5% Trimmed Mean	30.5026		
	Median	30.2000		
	Variance	29.908		
	Std. Deviation	5.46883		
	Minimum	21.54		
	Maximum	40.23		
	Range	18.69		
	Interquartile Range	8.70		
	Skewness	.147	.456	
	Kurtosis	-1.058	.887	
	sesudah	Mean	32.9858	.85767
Lower Bound		31.2194		

95% Confidence Interval for Mean	Upper Bound	34.7522	
5% Trimmed Mean		32.8563	
Median		32.2850	
Variance		19.125	
Std. Deviation		4.37326	
Minimum		26.98	
Maximum		41.20	
Range		14.22	
Interquartile Range		7.73	
Skewness		.401	.456
Kurtosis		-1.063	.887

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
sebelum	.133	26	.200*	.955	26	.305
sesudah	.133	26	.200*	.934	26	.094

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
sebelum	26	21.54	40.23	30.5619	5.46883
sesudah	26	26.98	41.20	32.9858	4.37326
Valid N (listwise)	26				

KARBOHIDRAT

Descriptives

		Statistic	Std. Error	
sebelum	Mean	251.696	5.8002	
	95% Confidence Interval for Mean	Lower Bound	239.750	
		Upper Bound	263.642	
	5% Trimmed Mean	251.980		
	Median	253.100		
	Variance	874.706		
	Std. Deviation	29.5754		
	Minimum	197.9		
	Maximum	300.2		
	Range	102.3		
	Interquartile Range	41.2		
	Skewness	-.293	.456	
	Kurtosis	-.743	.887	
	sesudah	Mean	258.606	4.9245
95% Confidence Interval for Mean		Lower Bound	248.463	
		Upper Bound	268.748	
5% Trimmed Mean		259.229		
Median		262.155		
Variance		630.530		
Std. Deviation		25.1104		
Minimum		203.4		
Maximum		301.2		
Range		97.8		
Interquartile Range		38.2		
Skewness		-.282	.456	

Kurtosis	-318	.887
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Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
sebelum	.088	26	.200*	.962	26	.439
sesudah	.081	26	.200*	.978	26	.840

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
sebelum	26	197.9	300.2	251.696	29.5754
sesudah	26	203.4	301.2	258.606	25.1104
Valid N (listwise)	26				

SERAT

Descriptives

		Statistic	Std. Error	
sebelum	Mean	6.286	.2950	
	95% Confidence Interval for Mean	Lower Bound	5.678	
		Upper Bound	6.893	
	5% Trimmed Mean	6.268		
	Median	6.200		
	Variance	2.263		
	Std. Deviation	1.5044		
	Minimum	3.4		
	Maximum	9.5		
	Range	6.1		
	Interquartile Range	2.3		
	Skewness	.190	.456	
	Kurtosis	-.529	.887	
	sesudah	Mean	8.294	.2356
95% Confidence Interval for Mean		Lower Bound	7.809	
		Upper Bound	8.779	
5% Trimmed Mean		8.312		
Median		8.600		
Variance		1.443		
Std. Deviation		1.2012		
Minimum		5.5		
Maximum		11.0		
Range		5.5		
Interquartile Range		1.1		
Skewness		-.591	.456	
Kurtosis		1.337	.887	

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
sebelum	.111	26	.200*	.979	26	.852
sesudah	.183	26	.025	.920	26	.044

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
sebelum	26	3.4	9.5	6.286	1.5044
sesudah	26	5.5	11.0	8.294	1.2012
Valid N (listwise)	26				

TINGKAT STRES

Descriptives

		Statistic	Std. Error
PRE TEST	Mean	30.7692	1.05875
	95% Confidence Interval for Mean	Lower Bound	28.5887
		Upper Bound	32.9498
	5% Trimmed Mean	30.8675	
	Median	30.0000	
	Variance	29.145	
	Std. Deviation	5.39858	
	Minimum	20.00	
	Maximum	40.00	
	Range	20.00	
	Interquartile Range	8.50	
	Skewness	-.175	.456
	Kurtosis	-.735	.887
POST TEST	Mean	27.8846	.82149
	95% Confidence Interval for Mean	Lower Bound	26.1927
		Upper Bound	29.5765
	5% Trimmed Mean	27.9701	
	Median	28.0000	
	Variance	17.546	
	Std. Deviation	4.18881	
	Minimum	20.00	
	Maximum	34.00	
	Range	14.00	
	Interquartile Range	5.50	
	Skewness	-.347	.456
	Kurtosis	-.712	.887

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
PRE TEST	.095	26	.200*	.972	26	.664
POST TEST	.104	26	.200*	.944	26	.172

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
PRE TEST	26	20.00	40.00	30.7692	5.39858
POST TEST	26	20.00	34.00	27.8846	4.18881
Valid N (listwise)	26				

KADAR GLUKOSA DARAH

Descriptives

		Statistic	Std. Error	
sebelum	Mean	159.0385	2.11986	
	95% Confidence Interval for Mean	Lower Bound	154.6725	
		Upper Bound	163.4044	
	5% Trimmed Mean	159.2094		
	Median	159.0000		
	Variance	116.838		
	Std. Deviation	10.80918		
	Minimum	135.00		
	Maximum	180.00		
	Range	45.00		
	Interquartile Range	14.00		
	Skewness	-.225	.456	
	Kurtosis	.024	.887	
sesudah	Mean	128.7692	2.48955	
	95% Confidence Interval for Mean	Lower Bound	123.6419	
		Upper Bound	133.8966	
	5% Trimmed Mean	129.0000		
	Median	129.0000		
	Variance	161.145		
	Std. Deviation	12.69427		
	Minimum	102.00		
	Maximum	150.00		
	Range	48.00		
	Interquartile Range	19.25		
	Skewness	-.217	.456	
	Kurtosis	-.587	.887	

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
sebelum	.118	26	.200*	.982	26	.918
sesudah	.098	26	.200*	.979	26	.850

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
sebelum	26	135.00	180.00	159.0385	10.80918
sesudah	26	102.00	150.00	128.7692	12.69427
Valid N (listwise)	26				

Lampiran 10 Paired T Test

ENERGI

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	sebelum	1698.5769	26	197.63647	38.75970
	sesudah	1790.1923	26	159.51853	31.28416

Paired Samples Correlations

		N	Correlation	Significance One-Sided p	Two-Sided p
Pair 1	sebelum & sesudah	26	.854	<,001	<,001

Paired Samples Test

		Paired Differences					Significance			
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	One-Sided p	Two-Sided p
					Lower	Upper				
Pair 1	sebelum - sesudah	-91.61538	103.19111	20.23744	-133.29518	-49.93559	-4.527	25	<,001	<,001

Paired Samples Effect Sizes

		Standardizer ^a	Point Estimate	95% Confidence Interval		
				Lower	Upper	
				Pair 1	sebelum - sesudah	Cohen's d
		Hedges' correction	106.42148	-.861	-1.297	-.413

a. The denominator used in estimating the effect sizes.

Cohen's d uses the sample standard deviation of the mean difference.

Hedges' correction uses the sample standard deviation of the mean difference, plus a correction factor.

PROTEIN

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	sebelum	30.3408	26	6.60472	1.29529

sesudah	37.4708	26	3.92364	.76949
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Paired Samples Correlations

	N	Correlation	Significance	
			One-Sided p	Two-Sided p
Pair 1 sebelum & sesudah	26	.676	<,001	<,001

Paired Samples Test

	Mean	Std. Deviation	Std. Error Mean	Paired Differences		t	df	Significance	
				95% Confidence Interval of the Difference				One-Sided p	Two-Sided p
				Lower	Upper				
Pair 1 sebelum - sesudah	-7.13000	4.89516	.96002	-9.10720	-5.15280	-7.427	25	<,001	<,001

Paired Samples Effect Sizes

	Standardizer ^a	Point Estimate	95% Confidence Interval		
			Lower	Upper	
			Pair 1 sebelum - sesudah	Cohen's d	4.89516
	Hedges' correction	5.04841	-1.412	-1.944	-0.866

a. The denominator used in estimating the effect sizes.

Cohen's d uses the sample standard deviation of the mean difference.

Hedges' correction uses the sample standard deviation of the mean difference, plus a correction faktor.

LEMAK

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 sebelum	30.5619	26	5.46883	1.07253
sesudah	32.9858	26	4.37326	.85767

Paired Samples Correlations

	N	Correlation	Significance	
			One-Sided p	Two-Sided p
Pair 1 sebelum & sesudah	26	.964	<,001	<,001

		Paired Samples Test							Significance	
		Paired Differences			95% Confidence Interval of the Difference		t	df	One-Sided p	Two-Sided p
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper				
Pair 1	sebelum - sesudah	-2.42385	1.70958	.33528	-3.11436	-1.73333	-7.229	25	<,001	<,001

		Paired Samples Effect Sizes				
		Standardizer ^a	Point Estimate	95% Confidence Interval		
				Lower	Upper	
Pair 1	sebelum - sesudah	Cohen's d	1.70958	-1.418	-.863	
		Hedges' correction	1.76309	-1.375	-.836	

a. The denominator used in estimating the effect sizes.

Cohen's d uses the sample standard deviation of the mean difference.

Hedges' correction uses the sample standard deviation of the mean difference, plus a correction faktor.

KARBOHIDRAT

		Paired Samples Statistics			
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	sebelum	251.696	26	29.5754	5.8002
	sesudah	258.606	26	25.1104	4.9245

		Paired Samples Correlations			
		N	Correlation	Significance	
				One-Sided p	Two-Sided p
Pair 1	sebelum & sesudah	26	.973	<,001	<,001

		Paired Samples Test							Significance	
		Paired Differences			95% Confidence Interval of the Difference		t	df	One-Sided p	Two-Sided p
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper				
Pair 1	sebelum - sesudah	-6.9096	7.7840	1.5266	-10.0536	-3.7656	-4.526	25	<,001	<,001

Paired Samples Effect Sizes

			Standardizer ^a	Point Estimate	95% Confidence Interval	
					Lower	Upper
Pair 1	sebelum - sesudah	Cohen's d	7.7840	-.888	-1.337	-.426
		Hedges' correction	8.0277	-.861	-1.296	-.413

a. The denominator used in estimating the effect sizes.

Cohen's d uses the sample standard deviation of the mean difference.

Hedges' correction uses the sample standard deviation of the mean difference, plus a correction faktor.

SERAT

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	sebelum	6.286	26	1.5044	.2950
	sesudah	8.294	26	1.2012	.2356

Paired Samples Correlations

		N	Correlation	Significance	
				One-Sided p	Two-Sided p
Pair 1	sebelum & sesudah	26	.700	<,001	<,001

Paired Samples Test

		Paired Differences					Significance			
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	One-Sided p	Two-Sided p
					Lower	Upper				
Pair 1	sebelum - sesudah	-2.0085	1.0838	.2125	-2.4462	-1.5707	-9.450	25	<,001	<,001

Paired Samples Effect Sizes

			Standardizer ^a	Point Estimate	95% Confidence Interval	
					Lower	Upper
Pair 1	sebelum - sesudah	Cohen's d	1.0838	-1.853	-2.485	-1.207
		Hedges' correction	1.1177	-1.797	-2.410	-1.170

a. The denominator used in estimating the effect sizes.
 Cohen's d uses the sample standard deviation of the mean difference.
 Hedges' correction uses the sample standard deviation of the mean difference, plus a correction faktor.

TINGKAT STRES

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	PRE TEST	30.7692	26	5.39858	1.05875
	POST TEST	27.8846	26	4.18881	.82149

Paired Samples Correlations

		N	Correlation	Significance	
				One-Sided p	Two-Sided p
Pair 1	PRE TEST & POST TEST	26	.703	<,001	<,001

Paired Samples Test

		Paired Differences							Significance	
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	One-Sided p	Two-Sided p
					Lower	Upper				
Pair 1	PRE TEST - POST TEST	2.88462	3.86085	.75717	1.32518	4.44405	3.810	25	<,001	

Paired Samples Effect Sizes

				95% Confidence Interval	
		Standardizer ^a	Point Estimate	Lower	Upper
Pair 1	PRE TEST - POST TEST	Cohen's d	3.86085	.305	1.177
	TEST	Hedges' correction	3.98171	.296	1.142

a. The denominator used in estimating the effect sizes.
 Cohen's d uses the sample standard deviation of the mean difference.
 Hedges' correction uses the sample standard deviation of the mean difference, plus a correction faktor.

GLUKOSA DARAH PUASA

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
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Pair 1	sebelum	159.0385	26	10.80918	2.11986
	sesudah	128.7692	26	12.69427	2.48955

Paired Samples Correlations

	N	Correlation	Significance	
			One-Sided p	Two-Sided p
Pair 1 sebelum & sesudah	26	.132	.261	.522

Paired Samples Test

	Mean	Std. Deviation	Std. Error Mean	Paired Differences		t	df	Significance	
				95% Confidence Interval of the Difference				One-Sided p	Two-Sided p
				Lower	Upper				
Pair 1 sebelum - sesudah	30.26923	15.55264	3.05012	23.98738	36.55108	9.924	25	<,001	<,001

Paired Samples Effect Sizes

	Standardizer ^a	Point Estimate	95% Confidence Interval	
			Lower	Upper
Pair 1 sebelum - sesudah	Cohen's d	15.55264	1.946	1.279 2.599
	Hedges' correction	16.03951	1.887	1.241 2.520

a. The denominator used in estimating the effect sizes.

Cohen's d uses the sample standard deviation of the mean difference.

Hedges' correction uses the sample standard deviation of the mean difference, plus a correction faktor.

Lampiran 10. Dokumentasi kegiatan penelitian

PERNYATAAN KESEDIAAN RESPONDEN


Saya yang bertanda tangan di bawah ini:

Nama : Bu Sunardi
 Usia : 62
 Jenis kelamin : Perempuan
 Alamat : Dukuhpermen
 Pekerjaan : IRT

Dengan sesungguhnya menyatakan bahwa:

Setelah mendapat keterangan tentang tujuan dan manfaat yang dilakukan penelitian tersebut, maka saya bersedia untuk berpartisipasi sebagai pemelitian yang berjudul "Pengaruh Edukasi Gizi terhadap Tingkat Stress, Asupan Makanan dan Kadar Glukosa Darah pada Prevalensi Diabetes Mellitus Tipe 2 di Puskesmas Kauman Kabupaten Tulungagung"

Demiikian surat pernyataan ini kami buat dengan sesungguhnya tanpa paksaan.

Tulungagung, 3 2023
 Responden,


FORMULIR ANULAKSI GDI
 BERGAL 24 JAM

Nama : Bu Sunardi
 No. Responden : 14
 Tanggal : 14 Feb 2023
 Waktu : 17.00 WIB

Waktu makan	Kegiatan	Makanan	Latar belakang	
			Detail makanan	Uji
Pagi/jam 05.00 05.30 06.00 06.00	Berjemur Makanan Makanan Makanan			
08.00	Keperawatan	ASI - asinan UMS (bukan) 1 st 1/2		
09.00	Keperawatan			

Waktu makan	Kegiatan	Makanan	Latar belakang
Siang /jam 11.00 12.00 13.00	Makan Gizi Asinan Makanan	Makanan	1/2 porsi 1/2 porsi
Malam /jam 18.00 19.00	Makanan Jalur mandiri	Makanan	1/2 porsi 1/2 porsi



DAFTAR DAFTAR PASIEN TERAS PERILAKU
DI TERASMAN KALERA 26 JUNI 2022

No	NAMA	NOOR KARTU	JK	UMUR	ALAMAT	STATUS
1	MARUPEH	60 71 26 426	P	42	BALIKLIP	dy
2	APRIATI	12 01 61 07 706	P	61	TERASMAN KALERA	dy
3	SUMITRA	12 01 61 07 606	P	61	"	dy
4	MUGI ALI	10 9 28 4 386	P	42	KAWAMBA	dy
5	KAETIEN E	10 9 19 9 826	P	42	BOLONGO	dy
6	MAYENDI	06 8 25 2 911	P	41	P. PAJO	dy
7	BANDHAR	06 8 21 5 566	P	41	BE SARA	dy
8	SUMAN	05 1 24 0 456	P	41	UNDAKATA	dy
9	MAKALH	05 1 21 6 156	P	41	KAWAMBA	dy
10	R. RAENI	05 8 24 4 391	P	41	KAWAMBA	dy
11	P. RAENI	05 8 24 4 391	P	41	"	dy
12	ALOKA SUMAN	2 30 9 3 1 011	P	41	KAWAMBA	dy
13	M. ALI	17 0 1 23 6 156	P	41	KAWAMBA	dy
14	SIDYAN	10 10 8 7 7 2	P	41	KAWAMBA	dy
15	Sidi Rahmat	10 2 2 8 5 11	P	41	KAWAMBA	dy
16	SUMAN	05 1 2 0 6 1 566	P	41	KAWAMBA	dy
17	Mugi Reza	06 8 24 4 396	P	41	PAJANG	dy
18	SUYATO	24 2 1 4 1 4 566	P	41	KAWAMBA	dy
19	Tahira Mugi	06 8 24 4 396	P	41	KAWAMBA	dy
20	PA SUSANA	05 8 24 4 396	P	41	BAND	dy
21	RUSYATI	11 0 2 3 0 5 6	P	41	"	dy
22	MAJATI HINGGIL	04 10 1 3 1 5 6	P	41	KAWAMBA	dy
23	KAWAMBA	24 2 1 4 1 4 566	P	41	B. CANGKUNG	dy
24	Nana Umah	15 0 1 2 3 4 5 6	P	41	K. M. S.	dy
25	Rini Astuti	10 1 23 1 6 4	P	41	KAWAMBA	dy

