

INTISARI

Minimnya pengetahuan, sikap, dan tindakan masyarakat terkait Diabetes Melitus kemungkinan dapat menyebabkan timbulnya komplikasi. Salah satu cara untuk mencegah komplikasi dapat melalui peningkatan pengetahuan, sikap, dan tindakan. Penelitian ini bertujuan meningkatkan pengetahuan, sikap dan tindakan remaja terhadap Diabetes Melitus.

Penelitian dilakukan di Kecamatan Depok Kabupaten Sleman dengan 35 responden. Jenis penelitian adalah *quasi experimental* dengan pendekatan *time series, pre-post intervention group*. Instrumen penelitian adalah kuisioner. Teknik sampling menggunakan *purposive sampling*. Apabila nilai $p < 0,05$ maka terjadi peningkatan pengetahuan dan sikap.

Hasil penelitian menunjukkan *pre-post 1* tidak ada peningkatan jumlah responden dengan katagori pengetahuan baik (51,5%); *pre-post 2* mengalami peningkatan jumlah responden dari 51,5% menjadi 60%; *pre-post 3* tidak ada peningkatan jumlah responden (51,5%) dengan nilai $p > 0,05$. Aspek sikap baik menunjukan *pre-post 1* mengalami peningkatan jumlah responden dari 25,7% menjadi 91,4% ; *pre-post 2* mengalami peningkatan jumlah responden dari 25,7% menjadi 54,3%; *pre-post 3* mengalami peningkatan jumlah responden dari 25,7% menjadi 71,2% dengan nilai $p < 0,05$. Aspek tindakan baik menunjukkan *pre-post 1* mengalami peningkatan jumlah responden dari 20% menjadi 25,7%, *pre-post 2* mengalami peningkatan jumlah responden dari 20% menjadi 28,6%. Kesimpulan yang dapat diambil bahwa metode CBIA dapat meningkatkan jumlah responden dengan katagori baik pada pengetahuan, sikap dan tindakan.

Kata Kunci : CBIA, Diabetes Melitus, Pengetahuan, Sikap, Tindakan

ABSTRACT

The lack of public knowledge, attitude, and practice related to Diabetes Mellitus is likely can cause complication occurrence. One of the ways to prevent from the complication is to increase the knowledge, attitude, and practice. This research is aim to increase the knowledge, attitude, and practice of the adolescents concerned with Diabetes Mellitus.

The study was held in Depok Subdistrict of Sleman Regency toward 35 respondents. The type of the research was *quasi experimental* with *time series* that was *pre-post* intervention group approach. The instrument used was questionnaire. *Purposive sampling* was applied for sampling technique. $p < 0.05$ means that there's an increasement of knowledge and attitudes.

The results showed that at the first *pre-post* group there was no respondents amount increasing at the good knowledge category that was 51.5% while at the second *pre-post* group there was respondents amount increasing from 51.5% to 60% and at the third *pre-post* group there was no respondents amount increasing that was 51.5% with the p -value $> 0,05$. Good attitude aspect indicated that at the first *pre-post* group there was respondents amount increasing which was from 25.7% to 91.4% and so as at the second *pre-post* group from 25.7% to 54.3% and at the third *pre-post* group from 25.7% to 71.2% with the p -value $< 0,05$. Good practice aspect showed that at the first *pre-post* group there was respondents amount increasing from 20% to 25.7% and the same as with the second *pre-post* group from 20% to 28.6%. The conclusion is CBIA method improving a number of respondent with good catagory knowledge, attitude, and practice.

Keywords : CBIA, Diabetes Mellitus, Knowledge, Attitude, Practice