



JIKN

Jurnal Inovasi Karya Nyata

Volume 1 Issue 1, 2025 (63-66)

ISSN (online) : 3109-2187

Homepage : <https://jurnalunived.com/index.php/JIKN>

Doi : 10.70963/jikn.v1i1

Diabetes Mellitus Counseling In Rt 06, Suka Maju Village, Mukomuko District

Ria Devita Nurkhasanah ¹⁾; Lora Anggraeni ²⁾; Vera Indhika ³⁾ ; Jummaria Febriani ⁴⁾; Zuhairoh ⁵⁾

^{1,2,3,4,5} Universitas Dehasen Bengkulu

e-mail; ¹ riadevitaaja27@gmail.com; ² loraanggraini36@gmail.com; ³ indhikavera@gmail.com; ⁴ jummariafebriani@gmail.com; ⁵ zuhairoh1976@gmail.com

Received [26-05-2025]

Revised [29-06-2025]

Accepted [15-07-2025]

Abstract. The prevalence of diabetes increases in line with lifestyle changes such as lack of exercise and often consume unhealthy foods such as fast food (fast food), which occurs in many countries today. For now, diabetes can attack anyone, including children, adolescents, adults and parents. This socialization and education activity aims to help reduce the number of people with diabetes mellitus in RT 06 Village Suka Maju. Diabetes Mellitus is a disease that is always included in the ranking of 10 most diseases based on the number of visits at the Penarik Puskesmas Mukomuko Regency. The method used in socialization and education is the translation of diabetes mellitus such as risk factors, complications, discipline in taking drugs and dietary mellitus diet. In addition to the translation there is also an educational video that is played before the start of counseling to all the elderly present. Thus it is expected that public knowledge about diabetes mellitus will be even greater so that it will be able to reduce the rate of growth of people with diabetes mellitus.

Keywords: *Diabetes mellitus, counseling, elderly*

INTRODUCTION

Diabetes mellitus consistently ranks among the top 10 most common diseases, based on the number of visits, at the Penarik Community Health Center in Mukomuko Regency. Data from the non-communicable diseases (NCD) program at the Penarik Community Health Center indicates that three residents of neighborhood 06 are at risk of developing diabetes mellitus. Diabetes mellitus is a degenerative disease closely linked to diet (Sukma, 2012). Sugar absorption causes elevated blood sugar levels and stimulates increased insulin secretion to control blood sugar levels. Other factors contributing significantly to the prevalence of diabetes mellitus are unhealthy lifestyles, such as lack of physical activity and obesity. Therefore, managing risk factors is paramount in managing diabetes (Rudi, 2017; Idris and Jafar, 2014; Antara et al., 2012; Chandra & Restuastuti, 2007; Purwandari, 2012; Kusumadewi, 2015).

RESEARCH METHODS

The implementation method consists of counseling activities, partners in this program are the elderly in RT 06 Suka Maju Village, Mukomuko Regency, Bengkulu Province, involving 10 KKNT students from Dehasen University, Bengkulu and the village government in this activity. The counseling activity begins with a pre-test, showing a video about Diabetes Mellitus, providing material about Diabetes Mellitus, complications and its management, questions and

answers, checking Random Blood Sugar levels, post-test. As well as home visits to DM sufferers who cannot attend the counseling activities.

RESULTS AND DISCUSSION

Activity Results

During the counseling session, of the 22 elderly people registered for blood sugar testing, five had high test results. In the Q&A session following the presentation, many of the elderly were unsure about diabetes mellitus and how to prevent and manage it. Participants frequently asked questions about common symptoms of diabetes, proper diet, and recommended activities for diabetes sufferers, as well as activities that can prevent the disease. After the counseling session, participants' understanding of diabetes improved, as evidenced by an increase in post-test scores compared to their pre-test scores, a 22-point increase.

Problem Solving

By conducting counseling as a form of community service, the presence of thematic KKN students in Suka Maju Village hopefully provided some insight into diabetes mellitus. Although most residents still lack an understanding of healthy lifestyles, at least positive ideas emerged in their minds, which could be beneficial in the future management of diabetes mellitus. The provision of socialization can be synchronized to provide additional knowledge for the community about Diabetes Mellitus.



Figure 1. Group photo of participants in the Diabetes Mellitus counseling session



Figure 2. Photo of checking blood sugar levels at the moment

CONCLUSION

This outreach activity has a positive impact because it can increase knowledge and change community habits. After participating in the outreach, the community can gain additional knowledge and habits. Such activities need to be continued with good cooperation between the community and the nearest health facility, as a sustainable effort to improve public health. This is especially important for continuing to remind the community and the elderly about caring for the elderly, those suffering from diabetes mellitus, or those at risk of diabetes mellitus.

LITERATURE

- Kusumadewi, M. D. (n.d.). *Peran Stresor Harian , Optimisme dan Regulasi Diri terhadap Kualitas Hidup Individu dengan Diabetes Melitus Tipe 2*. Jurnal Psikologi Islam.
- Sukma, A. P. (2012). *Kesadaran kesehatan dan gaya hidup sehat dengan sikap konsumen pada makanan organik skripsi*. Yogyakarta.
- Abil Rudi, H. N. K. (2017). *Faktor Risiko yang mempengaruhi Kadar Gula darah Puasa Pada pengguna Layanan Laboratorium*. Wawasan Kesehatan, 3.
- Suyono, S., et al. (2018). *Penatalaksanaan Diabetes Melitus Terpadu*. Jakarta: Badan Penerbit FKUI.
- Tandra, H. (2018). *Dari Diabetes Menuju Jantung dan Stroke: Petunjuk Praktis Mencegah dan Mengalahkan Sakit Jantung dan Stroke pada Penderita Diabetes*. Jakarta: Gramedia Pustaka Utama.

- Adli. (2021). *Diabetes Mellitus Gestasional: Diagnosis dan Faktor Risiko*. Jurnal Medika
- Hutama Lanywati, E. (2001). *Diabetes Mellitus : Penyakit Kencing Manis*. Jakarta: EGC.
- Ndraha, S. (2014). *Diabetes Melitus, Penatalaksanaan Terpadu*. Balai Penerbitan FKUI, Jakarta.
- Susilo, Y., & Wulandari, A. (2011). *Diet Sehat Untuk Penderita Diabetes Melitus*.