ABSTRAK

Latar Belakang: Diabetes melitus (DM) yakni penyakit kronis yang diindikasikan oleh eskalasi kadar glukosa darah, yang diakibatkan dikarenakan gangguan pada produksi maupun kerja hormon insulin. Penggunaan terapi jangka panjang dengan obat antidiabetes seringkali menimbulkan efek samping, sehingga dibutuhkan alternatif pengobatan, salah satunya melalui pemanfaatan tanaman herbal sebagaimana daun kelor (*Moringa oleifera*), yang diketahui memiliki kandungan flavonoid, vitamin, dan senyawa aktif lain yang bisa membuat turun kadar glukosanya darah. **Tujuan:** guna mengetahui determinansi pemberian minuman rebusan daun kelor atas penurunannya kadar gula darah untuk pasien diabetes melitus tipe 2. **Metode:** memakai desain kuantitatif *quasy experimental* lewat pendekatan *one group pretest-posttest design*. Sampel tersusun atas 20 penderita DM tipe 2 yang ditentukan memakai teknik *simple accidental sampling*. Intervensi berupa pemberian rebusan daun kelor 1 kali sehari untuk 7 hari, berikutnya dilaksanakan pengukurannya kadar gula darah sesudah serta sebelum intervensi. Analisis data dilakukan dengan uji Wilcoxon. **Hasil:** Rerata kadar gula darahnya sebelum intervensi berada pada rentang 180 - 199 mg/dL, sedangkan setelah intervensi menurun ke rentang 140 - 159 mg/dL. Resultan uji *Wilcoxon* memperlihatkan skor $p = 0{,}000$ ($p < 0{,}05$). **Kesimpulan:** Hipotesis Ha diterima serta Ho ditolak yang maknanya terdapat determinansi Pengaruh Pemberian Minuman Rebusan Daun Kelor Terhadap Penurunan Kadar Gula Darah Pada Penderita DM Tipe 2.

Kata kunci: daun kelor, kadar gula darah, diabetes melitus tipe 2.

ABSTRACT

Increased blood glucose levels are a hallmark of diabetes mellitus (DM), a chronic illness brought on by abnormalities in the hormone insulin's synthesis or function. The use of herbal plants like moringa leaves (Moringa oleifera), which are known to contain flavonoids, vitamins, and other active compounds that can lower blood glucose levels, is one alternative treatment option because long-term use of antidiabetic medications frequently results in side effects. ***The goal****: is to ascertain whether decoctioning moringa leaves can help individuals with type 2 diabetes mellitus lower their blood sugar levels.* ***Method****: A one-group pretest-posttest strategy was employed in a quantitative quasi-experimental design. Twenty type 2 DM patients were chosen for the sample by simple accidental sampling. Measurements of blood sugar levels were taken both before and after the intervention, which involved giving a decoction of moringa leaves once daily for seven days. The Wilcoxon test was used to analyze the data.* ***Findings****: Prior to the intervention, the average blood sugar level was between 180 and 199 mg/dL; following the intervention, it dropped to between 140 and 159 mg/dL. The p-value for the Wilcoxon test was 0.000 ($p < 0.05$).* ***Conclusion****: The alternative hypothesis (Ha) was accepted and the null hypothesis (Ho) was rejected, indicating that moringa leaf decoction had an impact on lowering blood sugar levels in patients with type 2 diabetes.*

Keywords: *Moringa leaves, blood sugar level, type 2 diabetes mellitus*