ABSTRACT

THE EFFECT OF IMMERSON THE OKRA FRUIT ON BLOOD GLUCOSE LEVEL REGULATION IN PATIENTS WITH DIABETES MELLITUS

Quasy Experimental Study

By: Hurin'in Aisy Baridah

Diabetes mellitus is a metabolic disorder caused by abnormality of insulin secretion and insulin action in order to decrease glucose absorption. *Abelmoschus Esculentus* is predicted to be able to reduce blood glucose level. In world, Diabetes Mellitus care was 245 dollars million in 2012.
This research used the quasy experimental design with pre and post-test control group design a total of 20 patients with diabetes mellitus in Puskesmas Nganjuk were taken based on the technique of purposive sampling and divided into two groups with a total of 10 respondents group the intervention and comparison groups respondents 10. The independent variable was giving *Abelmoschus Esculentus*. The dependent variable was subjected with therapy from physician.
Data was analyzed using Wilcoxon Signed Rank Test and Mann Whitney U-test with $\alpha \leq 0.05$ significant level.
Wilcoxon Signed Rank Test result in 2-hour post-prandial blood glucose of the intervention group (p=0,007), control group (p=0,169). Mann Whitney U-test showed no significant difference between pre-test and post-test 2-hour post-prandial blood glucose of the intervention and control groups (p=0,427).
In conclusion, *Abelmoschus Esculentus* able to regulate the 2-hour post-prandial blood glucose level and inhibit absorption of glucose in the digestive systems of patients with diabetes mellitus.

Keywords : *Diabetes mellitus, blood glucose level, abelmoschus esculentus*