

**PROGRAM STUDI S1 KEPERAWATAN  
FAKULTAS ILMU KEPERAWATAN  
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG  
Skripsi, Maret 2015**

## **ABSTRAK**

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**PERBEDAAN TINGKAT EFEKTIVITAS ANTARA MINYAK ZAITUN (OLIVE OIL) DAN VIRGIN COCONUT OIL (VCO) TERHADAP PENURUNAN KADAR GULA DARAH SEWAKTU PADA PASIEN DIABETES MELITUS TIPE II DI RUMAH SAKIT ISLAM SULTAN AGUNG SEMARANG**

**64 hal + 22 tabel + xviii**

**Latar Belakang:** Diabetes Melitus adalah penyakit *degenerative* dengan tingginya kadar gula dalam darah dengan pemberian nutrisi yang harus dibatasi, seperti karbohidrat, protein dan lemak. *Olive Oil* dan *Virgin Coconut Oil* memiliki lemak jenuh dan tak jenuh yang berfungsi merangsang produksi insulin. Tujuan penelitian adalah mengetahui perbedaan tingkat efektivitas antara Minyak Zaitun (*Olive Oil*) dan *Virgin Coconut Oil (VCO)* terhadap penurunan kadar gula darah sewaktu pasien diabetes melitus tipe II.

**Metode:** Metode penelitian *Pre-experimental (Static-group comparison design)*. Pengumpulan data menggunakan *accucheck*. Responden sebanyak 34 dengan *Purposive Sampling* menggunakan uji *Simple Paired T Test, Wilcoxon* dan *T Independent*.

**Hasil:** Berdasarkan hasil analisa diperoleh sebelum dan sesudah intervensi, pada kelompok minyak zaitun didapatkan nilai *p value* 0,000 dan VCO didapatkan nilai *p value* 0,011 (*p value* <0,05). Hasil dari sesudah kedua intervensi, didapatkan nilai *p value* 0,420 (*p value* >0,05), dapat disimpulkan tidak ada perbedaan signifikan rerata kadar glukosa darah sewaktu pada responden minyak zaitun dan responden minyak VCO.

**Simpulan:** Tidak ada perbedaan signifikan rerata kadar glukosa darah sewaktu antara responden minyak zaitun dengan responden minyak VCO.

**Kata Kunci:** Diabetes melitus tipe II, Minyak Zaitun, VCO

**Daftar Pustaka:** 66 (2000-2014)

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**ABSTRACT**

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**THE DIFFERENCES BETWEEN THE EFFECTIVENESS OF OLIVE OIL AND VIRGIN COCONUT OIL (VCO) TOWARD DECREASING BLOOD SUGAR AT PRESENT IN PATIENTS WITH DIABETES MELLITUS TYPE II IN SULTAN AGUNG ISLAMIC HOSPITAL SEMARANG**

**64 pages + 22 tables + xviii**

**Introduction:** Diabetes Mellitus is a degenerative disease with metabolic disorder marked by high values of sugar in the blood. Nutrition for patients with diabetes mellitus should be restricted such as carbohydrate, protein and fat. Olive Oil and Virgin Coconut Oil contain saturated and unsaturated fat which the function is to stimulate insulin production. The purpose of this study is to find out the difference between the effectiveness of Olive Oil and Virgin Coconut Oil (VCO) toward decreasing in values of blood sugar at present in patients with diabetes mellitus of type II.

**Method:** The study used Pre-experimental (Static-group comparison design). Collecting data used accu-check. There were 34 respondents with Accidental Sampling technique. The data was processed by using Simple Paired T Test, Wilcoxon and T Independent test.

**Results:** Based on the analysis results obtained before and after the intervention, olive oil group was obtained p value of 0.000 and VCO was obtained p value of 0.011 (p value <0.05). Results from both of the interventions were obtained p value 0.420 (p value > 0.05), it could be concluded there was no a significant difference of the average of blood glucose values at present between olive oil respondents and VCO respondents.

**Conclusion:** There was no a significant difference of the average of blood glucose values at present between olive oil respondents and VCO respondents.

**Keywords:** Diabetes mellitus of type II, Olive Oil, VCO

**Bibliography:** 66 (2000-2014)