

ABSTRAK

Ardi, Nurin Nurmala. 2024. *The Impact of Health Education Using Video Media on Changes in Knowledge and Attitudes in Preventing Type 2 Diabetes Mellitus Among the Elderly at Posyandu Melati in the Working Area of Rampal Celaket Health Center*. Thesis, Health Polytechnic of the Ministry of Health Malang, Health Promotion Study Program. Supervisor I: Dr. Atti Yudiernawati, S.Kp, M.Pd, Supervisor II: Jupriyono, S.Kp, M.Kes.

Type 2 DM health problems in Indonesia are still very high. Such a situation should be a matter of concern because when type 2 DM cases are not treated properly it can affect a wider disease. Then there's a precautionary effort to be made. Problems of lack of knowledge and attitude in the elderly can influence risk factors that can lead to type 2 DM. Health education with the media in the elderly is a strategy in improving health and prevention of type 2 diabetes mellitus. The aim of this research is to know the impact of health education with video media on knowledge and attitude in type 2 prevention on the elderly in Posyandu Melati working area Puskesmas Rampal Celaket. The research method used was Pre-Experiment with design one group pre-post. Sampling technique using random sampling techniques obtained a sample of 45 respondents. Knowledge and attitude gathering techniques using questionnaires. Analysis of data using Wilcoxon test. From the results of the analysis showed that there was an increase in knowledge in both the category by 73.33% and attitude in the category Favorable by 75.56%. The results of Wilcoxon test knowledge and attitudes obtained a significant p-value of $0,000 < \alpha(0,05)$ that H_0 rejected and H_a accepted means there is an influence of health education with video media on knowledge and Attitude in type 2 prevention of the elderly in Posyandu Melati working area Puskesmas Rampal Celaket. Based on the results of research recommended to carry out research on behavioral changes regarding prevention of type 2 DM in the elderly.

Keywords: *Type 2 diabetes mellitus, health education, video, knowledge, attitudes.*