

ABSTRACT

Ruhansyah, Ramanda. 2024. *The Influence of Peer Health Education with E-Booklets on Knowledge of Type 2 Diabetes Mellitus Prevention in High School Adolescents in the Working Area of the Malang City Health Center, Thesis, Malang Health Polytechnic Ministry of Health Promotion Study Program. Advisor I: Dr. Atti Yudiernawati, SKp, MPd, Advisor II: Dr. Ganif Djuwadi, SST., S.Pd., M.Kes*

Diabetes mellitus (DM) is a metabolic disease caused by problems with insulin production. Insulin produced by the pancreas is lacking, as a result there is an imbalance of sugar in the blood, thereby increasing the concentration of blood sugar levels. There is a discrepancy between reality and the incidence of DM in the future, it is feared that teenagers will be affected by diabetes mellitus at a young age, therefore a healthy lifestyle can be used as an effort to prevent diabetes mellitus. The aim of this research is to determine the effect of peer health education with e-booklets on knowledge of preventing type 2 diabetes mellitus in students at SMKN 4 Malang City. The type of research used is quantitative research with a Pre-Experimental one group pretest-posttest research design with a sample of 70 students. This sampling technique uses a simple random sampling technique, namely by randomizing the classes at SMKN 4 Malang City. The instrument for collecting knowledge data uses a questionnaire. Before peer health education was carried out using e-booklets, it was found that the majority of respondents had sufficient knowledge (71.4%). After conducting peer health education with e-booklets, almost all respondents had knowledge in the good category (97.1%). This research proves that there is an influence of peer health education with e-booklets on increasing the knowledge of students at SMKN 4 Malang City. Peer Health Education can be an effective health promotion method because it involves peers to overcome awkwardness in discussions. It is hoped that Peer Health Education can be implemented in a health promotion model, namely in the form of empowerment..

Keywords: *Peer Health Education, Diabetes Mellitus, Knowledge.*