

ABSTRAK

Muhammad Tegar Setyadin (2026). Gambaran Tingkat Pengetahuan Tentang Penatalaksanaan 5 Pilar Diabetes Mellitus Di Wilayah Kerja Puskesmas Ponorogo Selatan Kabupaten Ponorogo. Karya Tulis Ilmiah, Program Studi D-III Keperawatan Kampus Kab. Ponorogo, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang. Pembimbing: Prof. Dr. Suprajitno, S.Kp., M.Kep., M.Kes

Pengetahuan merupakan landasan utama dalam pembentukan perilaku kesehatan, namun tingkat pemahaman masyarakat mengenai pengelolaan penyakit kronis sering kali masih rendah. Penelitian ini bertujuan untuk mengetahui gambaran perbandingan tingkat pengetahuan responden sebelum dan sesudah dilakukan edukasi penatalaksanaan 5 pilar Diabetes Mellitus di wilayah kerja Puskesmas Ponorogo Selatan. Desain penelitian yang digunakan adalah deskriptif dengan rancangan *One Group Pretest-Posttest Design*. Sejumlah 30 responden dipilih sebagai sampel menggunakan teknik *purposive sampling*. Instrumen pengumpulan data berupa kuesioner terstruktur mengenai 5 pilar penatalaksanaan diabetes. Hasil analisis distribusi frekuensi menunjukkan bahwa sebelum diberikan intervensi edukasi, mayoritas responden memiliki tingkat pengetahuan yang berada pada kategori kurang, yaitu sebanyak 17 orang (56,67%). Namun, setelah dilakukan intervensi edukasi kesehatan, tingkat pengetahuan responden mengalami peningkatan yang signifikan, di mana sebagian besar responden masuk dalam kategori baik, yaitu sebanyak 16 orang (53,33%). Berdasarkan hasil tersebut, dapat disimpulkan bahwa pemberian intervensi melalui edukasi kesehatan terstruktur sangat efektif dalam meningkatkan pemahaman responden secara positif. Oleh karena itu, pihak puskesmas disarankan untuk melaksanakan program edukasi kesehatan secara rutin, berkala, dan berkesinambungan agar tingkat pengetahuan penderita diabetes tetap terjaga secara optimal.

Kata Kunci: Pengetahuan, Intervensi, *Pre-test*, *Post-test*.

ABSTRACT

Muhammad Tegar Setyadin (2026). Overview of Knowledge Levels Regarding the Management of the 5 Pillars of Diabetes Mellitus in the Working Area of the South Ponorogo Community Health Center, Ponorogo Regency. Scientific Paper, D-III Nursing Study Program, Ponorogo Regency Campus, Nursing Department, Health Polytechnic, Ministry of Health, Malang. Supervisor: Prof. Dr. Suprajitno, S.Kp., M.Kep., M.Kes

Knowledge is the main foundation in forming health behavior, but the level of public understanding regarding chronic disease management is often still low. This study aims to determine the comparative level of knowledge of respondents before and after the implementation of education on the management of the 5 pillars of Diabetes Mellitus in the working area of the South Ponorogo Community Health Center. The research design used was descriptive with a One Group Pretest-Posttest Design. A total of 30 respondents were selected as a sample using a purposive sampling technique. The data collection instrument was a structured questionnaire regarding the 5 pillars of diabetes management. The results of the frequency distribution analysis showed that before the educational intervention, most respondents had a level of knowledge that was in the poor category, namely 17 people (56.67%). However, after the health education intervention, the level of knowledge of respondents experienced a significant increase, with most respondents being in the good category, namely 16 people (53.33%). Based on these results, it can be concluded that providing interventions through structured health education is very effective in positively improving respondents' understanding. Therefore, the community health center is advised to organize health education programs routinely, periodically, and continuously to ensure that the level of knowledge of diabetes sufferers is maintained optimally.

Keywords: *Knowledge, Intervention, Pre-test, Post-test.*