

ABSTRAK

Nessa Agnesia Bella (2026), Gambaran Tingkat Pengetahuan Penderita Diabetes Mellitus Tentang Komplikasi DM Di Wilayah Kerja Puskesmas Jenangan Kabupaten Ponorogo. Karya Tulis Ilmiah Deskriptif, Program Studi D3 Keperawatan Kampus Kabupaten Ponorogo, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang. Pembimbing: Agung Eko Hartanto, S.Kep, Ns, M.Kep.

Penelitian ini dilatarbelakangi oleh pentingnya pemahaman penderita Diabetes Mellitus (DM) mengenai manajemen penyakit guna mencegah komplikasi, meskipun faktanya literasi kesehatan di wilayah kerja Puskesmas Jenangan masih tergolong rendah. Tujuan penelitian adalah mendeskripsikan gambaran tingkat pengetahuan anggota Prolanis tentang komplikasi DM sebelum dan sesudah intervensi edukasi. Menggunakan desain kuantitatif dengan metode *pre-test* dan *post-test* pada 30 responden, data dianalisis melalui tabulasi silang berdasarkan karakteristik jenis kelamin, usia, pendidikan, dan lama menderita. Hasil penelitian menunjukkan kesenjangan informasi yang signifikan pada tahap pre-edukasi, di mana mayoritas responden memiliki pengetahuan Kurang (86,67%). Namun, setelah diberikan edukasi, tingkat pengetahuan meningkat dengan mayoritas responden mencapai kategori Cukup (46,67%) dan Baik (30,00%). Hasil ini membuktikan bahwa, intervensi edukasi kesehatan efektif memotong kesenjangan informasi (*information gap*) dan meningkatkan kognitif pasien, meskipun terdapat hambatan alami seperti faktor usia lanjut dan latar belakang pendidikan dasar.

Kata Kunci : Diabetes Mellitus, Edukasi Kesehatan, Tingkat Pengetahuan, Prolanis.

ABSTRACT

Nessa Agnesia Bella (2026), Description of the Level of Knowledge of Diabetes Mellitus Patients About DM Complications in the Work Area of Jenangan Health Center, Ponorogo Regency. Scientific Paper Case Study, D3 Nursing Study Program, Ponorogo Regency Campus, Nursing Department, Health Polytechnic of the Ministry of Health Malang. Supervisor: Agung Eko Hartanto, S.Kep, Ns, M.Kep.

This research is motivated by the importance of understanding Diabetes Mellitus (DM) patients about disease management to prevent complications, although in reality, health literacy in the work area of Jenangan Health Center is still considered low. The purpose of this study is to describe the description of the knowledge level of Prolanis members about DM complications before and after educational interventions. Using a quantitative design with pre-test and post-test methods on 30 respondents, data were analyzed through cross-tabulation based on the characteristics of gender, age, education, and duration of suffering. The research results show a significant information gap at the pre-education stage, where the majority of respondents have Poor knowledge (86.67%). However, after being given education, the knowledge level increased dramatically, with the majority of respondents reaching the Sufficient (46.67%) and Good (30.00%) categories. This study concludes that, health education interventions are effective in bridging the information gap and improving patient cognition, although there are natural obstacles such as advanced age and basic educational background.

Keywords : *Diabetes Mellitus, Health Education, Knowledge Level, Prolanis.*