PENGARUH EDUKASI DIABETES MELLITUS TERHADAP KEMAMPUAN DETEKSI DINI DIABETES MELLITUS PADA REMAJA DI SMP NEGERI 1 TUMPANG

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ABSTRACT

Background : Diabetes Mellitus (DM) is a non-communicable disease with a continuously increasing prevalence, including among adolescents. The lack of knowledge and awareness among adolescents in recognizing early symptoms and risk factors of DM has the potential to delay early detection and prevention. Therefore, health education efforts are needed from school age. **Research Objective :** The objective of this research is to determine the effect of Diabetes Mellitus education on the early detection ability of Diabetes Mellitus among adolescents at SMP Negeri 1 Tumpang. **Research Method :** This study used a quasi-experimental pre- and post-test control groupdesign. The number of respondents was 80 students selected using purposive sampling techniques.The research instruments used were the Diabetes Knowledge Questionnaire (DKQ-24) and the ADA Diabetes Risk Test. Data were analyzed using the Wilcoxon Signed-Rank Test and Mann Whitney U test.**Research Result :** The results showed a significant increase in knowledge of DM symptoms, the ability to recognize personal risk, awareness attitudes, and the desire to undergo early screening in the treatment group after being provided with education ($p < 0.05$). In contrast, the control group showed no significant difference between pretest and posttest ($p > 0.05$). **As a conclusion** : Diabetes Mellitus education using booklets and PowerPoint media effectively enhances the early detection skills of Diabetes Mellitus in adolescents. School-based health education is recommended as a preventive strategy for DM from an early age.

Keywords: Education, Diabetes Mellitus, Early Detection, Adolescents