THE EFFECT OF PEER-EDUCATION WITH DOMINO CARDS ON ADOLESCENTS' KNOWLEDGE ABOUT DIABETES MELLITUS IN STUDENTS OF SMAN 5 MALANG

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ABSTRACT

Background: Diabetes Mellitus (DM) is a non-communicable disease whose prevalence continues to increase and is increasingly being found in adolescents. Therefore, effective health education efforts are needed that are appropriate to the characteristics of adolescents. A peer-education approach using domino cards is used. **Objective:** This study aims to determine the effect of peer-education using domino cards on adolescents' knowledge about Diabetes Mellitus among students of SMAN 5 Malang. The study was conducted in December 2025. **Method:** This study used a quasi-experimental design with a pretest-posttest with control group. The sample was grade 10 students divided into treatment and control groups. The treatment group was given peer-education intervention using domino cards, while the control group was not given any intervention. Knowledge level was measured using questionnaires before and after the intervention. Data analysis was performed using the Wilcoxon test to analyze differences in knowledge before and after, while the Mann-Whitney test to examine differences in posttest between the two groups. **Results:** There is a significant difference in pre and post knowledge in the treatment and control groups with $p < 0.05$ and peer-education with domino card media has an effect on increasing adolescent knowledge about Diabetes Mellitus with $p < 0.05$. **Conclusion:** Peer-education using domino cards is effective in increasing adolescents' knowledge and can be applied as an alternative health education method in school settings to support prevention of Diabetes Mellitus.

Keywords: peer education, domino cards, knowledge, adolescents, diabetes mellitus**.**