

ABSTRAK

Dia Reza Nur Hidayati (2025). Application of Cinnamon Decoction to Reduce Blood Sugar Levels in Type 2 Diabetes Mellitus Patients in the Rampal Celaket Health Center Work Area. Descriptive Case Study, Malang Nursing Diploma Program, Department of Nursing Ministry of Health Polytechnic Health of Malang, Supervisor: Dra. Swito Prastiwi, M.Kes.

Type 2 diabetes mellitus is a chronic disease that occurs when the body is unable to use insulin effectively or does not produce enough insulin. Management of type 2 diabetes mellitus requires a comprehensive strategy, including changes in lifestyle, use of medications, and regular monitoring of blood sugar levels. However, many people with type 2 diabetes mellitus are looking for alternatives or complements to help manage their condition, one of which is by utilizing cinnamon. The use of cinnamon decoction has the potential to help lower blood sugar levels by increasing insulin sensitivity and inhibiting the absorption of sugar from food. The Rampal Celaket Health Center work area was chosen because it has a significant population of type 2 diabetes mellitus sufferers and there has been no similar research conducted previously. The general objective of the study was to examine the application of cinnamon decoction to lower blood sugar levels in type 2 diabetes mellitus sufferers in the Rampal Celaket Health Center work area. This study is a descriptive case study with two research subjects according to the inclusion and exclusion criteria and was conducted on February 24-March 9, 2025. This study used interview and observation techniques in data collection with previously prepared instruments. Data were generated in narrative form. The results showed that both subjects experienced a decrease in fasting blood sugar levels while consuming the cinnamon decoction application. Suggestions for further research are that research with a longer period is needed, for example more than four weeks, to be able to evaluate the long-term effects of the cinnamon decoction application on blood sugar level control, as well as possible complications in other diabetes mellitus diseases by controlling eating and drinking patterns while applying the cinnamon decoction.

Key Words: Application of Cinnamon, Blood Sugar Levels.