

## INTISARI

*Stroke* merupakan penyebab kematian ke dua di dunia dan penyebab utama kecacatan, sehingga diperlukan edukasi sebagai usaha primer untuk mencegah terjadinya *stroke*, khususnya terkait kadar glukosa darah puasa sebagai salah satu faktor risiko *stroke*.

Penelitian ini bertujuan mengetahui pengaruh pemberian edukasi terhadap profil kadar glukosa darah puasa populasi di Posyandu Lansia Srikandi, Dusun Burikan dan Posyandu Lansia Buah Apel, Dusun Keboan, Yogyakarta. Jenis penelitian *quasi eksperimental* dengan desain *nonrandomized pretest-postest intervention with control group*. Kriteria inklusi laki-laki dan perempuan berusia >60 tahun, aktif kegiatan posyandu lansia, belum pernah mengalami penyakit *stroke*, ginjal atau jantung kongestif. Analisis statistik menggunakan uji beda *Paired T-Test* untuk data yang terdistribusi normal dan *Wilcoxon* untuk data yang terdistribusi tidak normal dalam satu kelompok, *Two Sample Independent T-Test* untuk data yang terdistribusi normal dan *Mann-Whitney Test* untuk data yang terdistribusi tidak normal untuk kelompok berbeda, taraf kepercayaan 95%.

Hasil penelitian pada pengukuran akhir terjadi peningkatan selisih rerata kadar glukosa darah puasa kelompok perlakuan 0,1 mg/dL dan penurunan 1,43 mg/dL pada kelompok kontrol, hasil uji statistik menunjukkan keduanya berbeda tidak bermakna. Uji statistik pengukuran akhir kelompok perlakuan dan kontrol menunjukkan perbedaan tidak signifikan ( $p=0,33$ ), sehingga pemberian edukasi tidak memberikan pengaruh yang bermakna terhadap profil kadar glukosa darah puasa sebagai salah satu faktor risiko *stroke*.

**Kata kunci** : *stroke*, lansia, edukasi, kadar glukosa darah puasa

## ***ABSTRACT***

Stroke is the second significant cause of mortality in the world and main cause of physical defect, thus there must be education as primary effort to avoid its existence, especially related to the amount of fasting blood glucose as one of the stroke risk factors.

This research was aimed to investigate the effect of education giving toward the profile of the fasting blood glucose level of the population in Posyandu Lansia Srikandi, Burikan region and Posyandu Lansia Buah Apel, Keboan region, Yogyakarta. This research was a pure experimental quasi with nonrandomized pretest-posttest intervention with control group design. The inclusion criteria were those men and women more than 60 years old, active in participating elderly health care centre activities, never suffer from stroke, liver or congestive heart disease. The results were statically analyzed using Paired T-test differential experiment (normal distributed data) and Wilcoxon (abnormal distributed data) in one group, Independent T-test (normal distributed data) and Mann-Whitney Test (abnormal distributed data) in a different group, with 95% confidence interval.

The last measurement showed that there was 0,1 mg/dL ascend differential average of the fasting blood glucose level in the tested group and 1,43 mg/dL descend in controlled group, which is not significantly different. The last statistical test through the tested and controlled group showed there was no significant alteration ( $p=0,33$ ). It can be concluded that education giving do not serve any significant effect toward the profile of fasting blood glucose level as one of stroke risk factors.

**Keywords:** stroke, elderly, fasting blood glucose level