

ABSTRAK

Pengaruh Edukasi Media Piring Makan Model T Terhadap Peningkatan Pengetahuan Tentang Diet Penderita Diabetes Melitus Tipe 2 Di Wilayah Puskesmas Kalirungkut Surabaya

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Pendahuluan : Diabetes melitus tipe 2 membutuhkan pengaturan diet yang tepat sebagai bagian dari manajemen penyakit. Namun, masih banyak penderita yang belum memahami proporsi makan seimbang. Media piring makan model T merupakan alat bantu edukasi visual yang memudahkan penderita memahami pembagian porsi makanan. Penelitian ini bertujuan mengetahui pengaruh edukasi piring makan model T terhadap peningkatan pengetahuan diet penderita diabetes melitus tipe 2. **Metode:** Penelitian ini menggunakan desain pra-eksperimental dengan rancangan *one group pretest-posttest*. Jumlah responden sebanyak 52 penderita diabetes melitus tipe 2 di Puskesmas Kalirungkut Surabaya. Pengukuran pengetahuan dilakukan sebelum dan sesudah edukasi menggunakan kuesioner. Analisis data menggunakan uji Wilcoxon Signed Rank Test. **Hasil :** Sebelum edukasi, hampir setengah responden memiliki pengetahuan baik dan cukup, serta sebagian kecil memiliki pengetahuan kurang. Setelah edukasi, hampir seluruh responden memiliki pengetahuan baik dan Sebagian kecil berpengetahuan cukup, tanpa kategori kurang. Hasil uji Wilcoxon menunjukkan nilai $p = 0,000$ ($p \leq 0,05$), menandakan adanya peningkatan pengetahuan yang signifikan setelah edukasi diberikan. **Kesimpulan:** Edukasi menggunakan media piring makan model T efektif meningkatkan pemahaman responden mengenai proporsi karbohidrat, protein, sayur, dan buah. Visualisasi media membuat materi lebih mudah dipahami, sehingga berdampak positif pada pengetahuan diet penderita diabetes melitus tipe 2.

Kata kunci: Edukasi, Piring makan model T, Pengetahuan, Diet diabetes

ABSTRACT

The Effect of T-Model Dinner Plate Media Education on Increasing Knowledge About Diet in Type 2 Diabetes Mellitus Patients at Kalirungkut Community Health Center, Surabaya

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Introduction: Type 2 diabetes mellitus requires proper dietary management to maintain blood glucose stability. However, many patients still lack understanding of balanced meal portions. The T-shaped plate model is a visual educational tool that helps patients comprehend appropriate food proportions. This study aimed to determine the effect of T-shaped plate education on improving dietary knowledge among patients with type 2 diabetes mellitus. **Methods:** This research used a pre-experimental design with a one-group pretest–posttest approach. A total of 52 patients with type 2 diabetes mellitus at Kalirungkut Public Health Center, Surabaya, participated in the study. Knowledge was measured using a questionnaire before and after the education session. Data were analyzed using the Wilcoxon Signed Rank Test. **Results:** Before the educational intervention, nearly half of the respondents had good and sufficient knowledge, while a small proportion had poor knowledge. After the educational intervention, almost all respondents demonstrated good knowledge and a small proportion had sufficient knowledge, with no respondents remaining in the poor knowledge category. The Wilcoxon test results showed a p-value of 0.000 ($p \leq 0.05$), indicating a statistically significant improvement in knowledge after the educational intervention was provided. **Conclusion:** Education using the T-shaped plate model effectively enhanced patients' understanding of balanced portions of carbohydrates, protein, vegetables, and fruits. The visual nature of the media made the information easier to comprehend, contributing positively to dietary knowledge among type 2 diabetes patients.

Keywords: Education, T-shaped plate model, Knowledge, Diabetic diet