

## ABSTRACT

Peni Sri Rahayu NIM. C2014055 Nursing Science Program	Consultants 1. Wahyu Purwaningsih, M.Sc 2. Ikrima Rahmasari, M.Kep
<b><i>DIFFERENT LEVELS OF BLOOD GLUCOSE BETWEEN DM TYPE 2 PATIENTS WHO CONSUME RED RICE AND THOSE WHO CONSUME WHITE RICE IN PUSKESMAS COLOMADU 1 OF KARANGANYAR REGENCY</i></b>	
<b>ABSTRACT</b>	
<p><b>Background :</b> Diet is an important determinant affecting insulin resistance. Therefore, diet is very the occurrence of Diabetes Mellitus Type 2. Micro nutrient and phytochemical of red rice was higher than white rice. Thus, it is possible that red rice has protective effect on the incident of DM Type 2</p> <p><b>Purpose:</b>The research aims at examining difference of blood glucose level after red rice and white rice consumption among DM type 2 patients.</p> <p><b>Method:</b> The research was experimental one. Sample was taken by using true experiment with twogroup posttest design. Sample was taken by using purposive sampling. Sample was 32 respondents divided to two groups with 16 respondents in each groups.. Univariate analysis was conducted to examine level of blood glucose and then, bivariate analysis was implemented to know difference of independent and dependent variables by using Mann Whitney with significance level of 0.05 (5%).</p> <p><b>Results:</b> Posttest two group design analysis showed majority of DM patients who consumed red rice had lower blood glucose than those who consumed white rice. In addition, statistical analysis of Mann Whitney indicated support for the results with significance level of <math>0.006 &lt; 0.005</math>.</p> <p><b>Conclusion:</b>Difference of blood glucose levels between DM type 2 patients who consumed red rice and those who consumed white rice in Working Region of PuskesmasColomadu 1 of Karangnyar Regency was found.</p>	
<b>Key words:</b> Blood glucose, Diabetes Mellitus Type 2, Red Rice and White Rice	