

THE EFFECT OF E-HEALTH EDUCATION TO PREVENT TYPE II DIABETES MELLITUS (DMT II) DURING COVID 19 PANDEMIC

Fiashriel Lundy, Farida Halis, Pudji Suryani

Health Polytechnics, Ministry of Health Malang

ABSTRACT

Background: The COVID-19 pandemic has become a challenge in education health for type 2 diabetes mellitus prevention. E-Health Education is one of alternative methods that can be used by health workers to inform or educate clients. This study aimed to find out the effect of e-health education to prevent type 2 diabetes mellitus (DMT II) during covid 19 pandemic.

Subjects and Method: This was a quasi-experimental study carried out in Malang, East Java. A total of 60 adolescents with high risk of DMT II were selected for this study using purposive sampling. Sample were divided into two group. Group with intervention e-health education (n=30) and control group (n=30). The dependent variables were preventive acts in DMT II include knowledge, body mass index (BMI), and blood sugar level. The independent variable was e-health education. The data were collected by questionnaire and analyzed using wilcoxon test.

Results: E-health education increased preventive act in knowledge, glucose level, and BMI in DMT II. The knowledge after e-health education (Mean= 85.20; SD= 5.77; $p < 0.001$) in intervention group was higher than control group (Mean= 70.87; SD= 13.17; $p < 0.001$). BMI after e-health education (Mean= 19.82; SD=2.22; $p = 0.046$) in intervention group was lower than control group (Mean= 20.06; SD= 2.11; $p = 0.317$).

Conclusion: E-health education increases preventive act in knowledge and BMI in DMT II.

Keywords: e-health, education, diabetes, mellitus

Correspondence:

Fiashriel Lundy, School of Health Polytechnic, Ministry of Health Malang. Jl. Ijen Besar 77 C Malang, East Java, Email:fiashriellundy@yahoo.com. Mobile: 0811367446