

FAKULTAS ILMU-ILMU KESEHATAN

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Pengaruh Latihan Fisik Senam Diabetes terhadap Penurunan Kadar Gula Darah Pada Pasien Diabetes Melitus tipe 2 di Puskesmas Kebon Jeruk, Jakarta Barat Tahun 2016

ABSTRAK

Diabetes mellitus tipe 2 adaag keadaan yang disebabkan gangguan pada resistensi insulin dan sekresi insulin sehingga metabolisme tubuh juga terganggu. Pada DM tipe 2, latihan fisik berperan untuk mengatur dan mengendalikan kadar gula darah. Senam diabetes yang merupakan latihan fisik bertujuan untuk meningkatkan dan mempertahankan kesegaran tubuh yang dilaksanakan sesuai prinsip F.I.D.J (*Frekuensi, Intensitas, Durasi, dan Jenis*). Penelitian yang di lakukan di Puskesmas Kebon Jeuk pada bulan Agustus 2016 ini, bertujuan untuk mengetahui perbedaan kadar gula darah sebelum dan sesudah senam diabetes pada pasien *diabetes mellitus* tipa 2. Desain penelitian ini adalah pra eksperimen dengan rancangan *one grup pre-post test design*. Sampel sebanyak 35 orang yang terdiagnosa diabetes mellitus tipe 2. Intervensi diberikan senam diabetes seminggu sekali selama 2 minggu. Alat pengumpulan data berupa lembar obeservasi tentang karakteristik pasien dan lembar observasi untuk mengetahui kadar gula darah sebelum dan sesudah senam diabetes. Hasil penelitian menunjukkan bahwa ada perbedaan kadar gula darah sebelum dan sesudah senam diabetes pada pasien diabetes mellitus tipe 2 di Puskesmas Kebon Jerukminggu pertamasebelumsenamkadarguladarahdengan rata-rata 1.97 dansesudahsenamdengan rata-rata 1.34($p \leq 0,000$) sedangkan minggu keduakadarguladarahsebelumsenamdengan rata-rata 1.94 dansesudahsenamdengan rata-rata 1.51 ($p \leq 0,005$)kurang dari $\alpha = 0,05$, artinya hipotesis penelitian menyatakan adanya pengaruh latihan fisik senam diabetes terhadap penurunan kadar gula darah. Hasil penelitian ini dapat digunakan untuk mengembangkan promosi kesehatan dan edukasi yang lebih baik tentang manfaat senam diabetes sebagai pencegahan terhadap terjadinya komplikasi pada pasien diabetes mellitus.

Kata Kunci : Senam diabetes, kadar gula darah, diabetes mellitus

FACULTY OF HEALTH

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Effect Of Physical Fitness Exercise To Decrease Diabetes Blood Sugar In Type 2 Diabetes Mellitus Patients In PuskesmasKebonJeruk , West Jakarta 2016

ABSTRACT

The type of diabetes mellitus is a situation of caused by hyperglycemia due to insulin resistance and impaired insulin secretion so that the metabolism is also disturbed. In type 2 diabetes, physical exercise server to regulate and control blood sugar levels. Exercise diabetes is a physical exercise aims to improve and maintain freshness conducted according to the principles F.I.D.J (Frequency, Intensity, Duration, and Type). Research conducted in KebonJeruk Health in August 2016 is aimed to determine differences blood sugar levels before and after exercise in patients with diabetes mellitus type 2 diabetes. This research design pra experimental design with one group pre-post - test design. Sample 35 people who suffer from type 2 diabetes. Diabetes exercise interventions administered once a week for 3 weeks. Data collection tools such as observation sheets on patient characteristics and observation sheet to check your blood sugar before and after exercise diabetes. The results showed that there were differences in blood sugar levels before and after exercise in patients with diabetes mellitus type 2 diabetes in KebonJerukhe first week before the gymnastics blood sugar levels by an average 1.97 and after exercise with an average 1.34 ($p \leq 0,000$) while the second week of blood sugar levels prior to exercise with an average 1.94 and after exercise with an average 1.51 ($p \leq 0,005$) less than $\alpha = 0,05$ meaning that the research hypothesis states gymnastic exercise their influence of diabetes on blood sugar levels drop . The results of this study can be used to develop health promotion and better education about the benefits of exercise as a precaution against the occurrence of diabetes complications in patients with diabetes mellitus.

Keyword : Diabetes exercise, blood sugar levels, Diabetes mellitus