

ABSTRAK

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PENGARUH SENAM KAKI DIABETES TERHADAP GULA DARAH ACAK
PENDERITA DIABETES MELITUS DI WILAYAH KERJA
PUSKESMAS JAGIR KELURAHAN JAGIR

xv + 107 halaman + 6 Tabel + 17 Lampiran

Penderita diabetes melitus jika tidak diatasi dan diobati maka akan menimbulkan komplikasi jangka panjang yang dapat berakibat fatal bagi kesehatan (Ariyanto et al., 2021; Setiawan et al., 2021) seperti kerusakan saraf (*neuropathy*), penyakit ginjal (*nefropathy*), gangguan mata (*retinopathy*), otak (*cerebrovaskuler*), penyakit jantung (*cardiovaskuler*), *impotensi*, gangguan pencernaan, mudah terinfeksi, kelainan kulit seperti gatal-gatal disekitar kemaluan bahkan bisa menyebabkan *gangren* atau luka yang membusuk. Salah satu jenis latihan fisik yang dianjurkan adalah senam kaki diabetes. Senam ini sangat berperan dalam mengontrol kadar glukosa darah pada pasien diabetes.

Penelitian ini menggunakan rancangan pra-pasca tes dalam satu kelompok (*one group pra-post test design*). Populasi dalam penelitian ini adalah semua penderita diabetes melitus di wilayah kerja Puskesmas Jagir Kelurahan Jagir September 2024 sebanyak 97 orang. Sampel dalam penelitian ini adalah penderita diabetes melitus di wilayah kerja Puskesmas Jagir Kelurahan Jagir sebanyak 32 responden dengan teknik sampling *purposive sampling* disebut juga *judgement sampling*. Pengumpulan data menggunakan SOP *glukometer* dan *glukometer* untuk mengukur gula darah acak. Analisa data menggunakan uji *Wilcoxon*.

Hasil penelitian gula darah acak penderita diabetes melitus sebelum senam kaki diabetes setengahnya dalam kategori diabetes. Gula darah acak penderita diabetes melitus sesudah senam kaki diabetes setengahnya dalam kategori normal. Hasil uji statistik menggunakan *wilcoxon* menunjukkan ada pengaruh senam kaki diabetes terhadap gula darah acak penderita diabetes melitus di wilayah kerja Puskesmas Jagir Kelurahan Jagir

Kata Kunci: gula darah acak, penderita diabetes melitus, senam kaki diabetes

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ABSTRACT

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THE INFLUENCE OF DIABETES FOOT EXERCISES ON RANDOM BLOOD SUGAR LEVELS IN DIABETES MELLITUS PATIENTS

IN THE WORK AREA OF PUSKESMAS JAGIR, JAGIR VILLAGE

xv + 107 Pages + 6 Tables + 17 Appendices

Diabetes mellitus patients, if left untreated, can experience long-term complications that may have fatal health consequences (Ariyanto et al., 2021; Setiawan et al., 2021), such as nerve damage (neuropathy), kidney disease (nephropathy), eye disorders (retinopathy), cerebrovascular issues, heart disease (cardiovascular), impotence, digestive problems, increased susceptibility to infections, and skin disorders such as itching around the genitals, which can even lead to gangrene or necrotic wounds. One recommended form of physical exercise is diabetes foot exercises, which play a significant role in controlling blood glucose levels in diabetes patients.

This study employed a one-group pre-post test design. The population consisted of all diabetes mellitus patients in the work area of Puskesmas Jagir, Jagir Village, totaling 97 individuals in September 2024. The sample included 29 respondents selected through purposive sampling, also known as judgment sampling. Data collection involved using SOP glucose meters to measure random blood sugar levels. Data analysis was conducted using the Wilcoxon test.

The study found that random blood sugar levels in diabetes mellitus patients before engaging in diabetes foot exercises were predominantly in the diabetic category. After the exercises, half of the patients fell into the normal category. The statistical analysis using the Wilcoxon test indicated a significant effect of diabetes foot exercises on the random blood sugar levels of diabetes mellitus patients in the work area of Puskesmas Jagir, Jagir Village.

*Keywords: random blood sugar, diabetes mellitus patients, **diabetes** foot exercises*

References : 19 journals, 13 books (2018-2024)