

ABSTRAK

Pengaruh *Hydrotherapy* (minum air putih) Terhadap Kadar Gula Darah Sewaktu pada Pasien Diabetes Mellitus Tipe 2 Di wilayah Kerja Puskesmas Gading Tambaksari Surabaya

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Latar Belakang: Kekurangan insulin mengakibatkan kadar glukosa yang tinggi dalam darah sehingga dapat menyebabkan diabetes mellitus tipe 2. Salah satu strategi non-farmakologi yang digunakan pasien diabetes mellitus tipe 2 yaitu mengonsumsi air putih atau yang biasa disebut *hydrotherapy*, *hydrotherapy* (minum air putih) bermanfaat dalam membantu meningkatkan proses pemecahan gula dalam darah, sehingga mampu mencegah kenaikan kadar gula secara berlebihan.

Tujuan: Untuk menganalisis pengaruh *hydrotherapy* (minum air putih) terhadap penurunan kadar gula darah sewaktu pada penderita diabetes mellitus tipe 2.

Metode: Penelitian ini menggunakan metode rancangan *Pre-experimental* dengan pendekatan *one group pretest -posttest design*. Dengan jenis *Simple random sampling*. Sample penelitian ini sebanyak 51 orang. *Hydrotherapy* (Minum Air Putih) dilakukan selama 7 hari dilakukan setiap pagi hari 1,5 liter dengan batasan 15 menit sebelum makan/ makan pagi.

Hasil: Hasil penelitian diperoleh terdapat pengaruh signifikan *hydrotherapy* (minum air putih) terhadap penurunan kadar gula darah sewaktu. Berdasarkan data uji statistic *Wilcoxon sign rank test* didapatkan (p value $0,000 < \alpha = 0.05$).

Kesimpulan: Pada penelitian ini terdapat pengaruh *hydrotherapy* (minum air putih) terhadap penurunan kadar gula darah sewaktu pada pasien diabetes mellitus tipe 2 di wilayah kerja puskesmas gading tambaksari Surabaya.

Saran: *Hydrotherapy* (minum air putih) dapat dijadikan salah satu intervensi keperawatan mandiri pada penderita diabetes melitus tipe 2 sebagai tindakan pencegahan komplikasi diabetes mellitus tipe 2

Kata Kunci : *Hydrotherapy* (Minum Air Putih), Diabetes Mellitus Tipe 2, Kadar Gula Darah Sewaktu

ABSTRACT

The Effect of Hydrotherapy (Drinking Water) on Blood Glucose Levels in Type 2 Diabetes Mellitus Patients in the Working Area of Gading Tambaksari Health Center Surabaya

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Baground: Insulin deficiency results in high blood glucose levels, which can lead to type 2 diabetes mellitus. One of the non-pharmacological strategies used by type 2 diabetes mellitus patients is consuming plain water, commonly referred to as hydrotherapy. Hydrotherapy (drinking plain water) is beneficial in helping to enhance the process of breaking down sugar in the blood, thereby preventing excessive increases in blood sugar levels.

Objective: To analyze the effect of hydrotherapy (drinking water) on the reduction of blood sugar levels at the moment in patients with type 2 diabetes mellitus.

Method: This study uses a Pre-experimental design method with a one group pretest-posttest design approach. With the type of Simple random sampling. The sample for this study consisted of 51 people. Hydrotherapy (Drinking Water) was conducted for 7 days every morning, 1.5 liters with a restriction of 15 minutes before eating/breakfast.

Result: The research findings indicate a significant effect of hydrotherapy (drinking plain water) on the reduction of blood sugar levels. Based on the Wilcoxon sign rank test statistical data, a (p value of $0.000 < \alpha = 0.05$) was obtained.

Conclusion: In this study, there is an effect of hydrotherapy (drinking plain water) on the reduction of blood sugar levels at any time in patients with type 2 diabetes mellitus in the working area of the Gading Tambaksari Health Center in Surabaya.

Sugestion: Hydrotherapy (drinking plain water) can be used as one of the independent nursing interventions for patients with type 2 diabetes mellitus as a preventive measure against complications of type 2 diabetes mellitus.

Keywords: Hydrotherapy (Drinking Water), Type 2 Diabetes Mellitus, Random Blood Sugar Level.