

ABSTRAK
SEKOLAH TINGGI ILMU KESEHATAN BINA HUSADA
PALEMBANG TAHUN 2024
PROGRAM STUDI KEPERAWATAN

Skripsi, Mei 2024
Yonda Mufti Alfadha

Pengaruh Terapi Senam Kaki Diabetik Terhadap Nilai Kadar Glukosa Darah Pada Penderita Diabetes Melitus Pada Lansia Di Posyandu Gunubg Agung Di Wilayah Kerja UPT Puskesmas Merapi II Tahun 2024

(xv + 57 halaman + 3 tabel + 12 gambar + 8 lampiran + 250 kata)

Diabetes Melitus merupakan suatu penyakit atau kelainan metabolisme kronik dengan berbagai penyebab yang ditandai dengan tingginya kadar gula darah disertai gangguan metabolisme karbohidrat, lemak, dan protein sebagai akibat dari gangguan fungsi insulin.

Penelitian ini menggunakan penelitian kuantitatif dengan desain menggunakan desain *Pre-eksperimental design* (tanpa kelompok pembanding) yaitu desain *The one group pretest-posttest design* yang terdiri dari satu kelompok yang dilakukan pre test dan post test. Adapaun lokasi penelitian ini dilakukan pada saat kegiatan posyandu lansia di desa Gunung Agung Di Wilayah UPT Puskesmas Merapi II Kecamatan Merapi Barat Kabupaten Lahat dan penelitian ini dilaksanakan pada tanggal 11 Januari 2024 sampai dengan 24 Maret 2024. Dengan total keseluruhan populasi dalam penelitian ini adalah 42 responden dan sampel sebanyak 42 orang.

Hasil penelitian kadar glukosa darah sebelum dilakukan terapi senam kaki dengan Standar Deviation sebesar 10.452, CI 95 % sebesar 167.89-174.40, nilai min 143 dan nilai max 177. Dan setelah dilakukan terapi senam kaki diabetik yaitu dengan nilai rata rata kadar glukosa sebesar 155.05, Nilai Standar Deviation sebesar 12.452, nilai CI 95% sebesar 167.89-174.40, nilai maksimum sebesar 177, dan nilai minimum sebesar 135. Dari Hasil Penelitian dapat disimpulkan terdapat Pengaruh Terapi Senam Kaki Diabetik Terhadap Kadar Glukosa Darah Pada Psien Diabetes Melitus Pada Lansia Di Posyandu Lansia desa Gunung Agung Wilayah Kerja UPT Puskesmas Merapi II

Saran: Diharapkan kepada petugas puskesmas agar dapat melakukan senam kaki diabetik di posyandu lansia di desa Gunung Agung di wilayah UPT Puskesmas Merapi II yang dilaksanakan 1 minggu sekaligus untuk menurunkan kasus diabetes melitus khususnya di desa Gunung Agung Kecamatan Merapi Barat Kabupaten Lahat

Kata Kunci : Terapi Senam Kaki Diabetik, Penurunan Kadar Glukosa Darah

Daftar Pustaka: 29 (2014-2024)

ABSTRACT
BINA HUSADA HIGH SCHOOL OF HEALTH SCIENCES
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Skripsi, Mei 2024
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The Effect Diabetic Foot Exercise Therapy on Reducing Blood Glucose Levels In Diabetes Mellitus Patients in the Elderly in the Posyandu Mount Agung in Working Area of The Merapi II Health Center UPT in 2024

Diabetes Mellitus is a disease or chronic metabolic disorder with various causes characterized by high blood sugar levels accompanied by disorders of carbohydrate, fat and protein metabolism as a result of impaired insulin function.

The results of research on blood glucose levels after diabetic foot exercise therapy were the average value of glucose levels with a mean of 155.05, a standard deviation value of 12,494, a 95% CI value of 167.89-174.40 and a maximum value of 177. And a minimum value of 135. From The results of the research can be concluded that there is an effect of Diabetic Foot Exercise Therapy on Blood Glucose Levels in Diabetes Mellitus Patients in the Elderly at the Elderly Posyandu, Gunung Agung Village, Working Area of the Merapi II Health Center UPT

This research uses quantitative research with a design using a pre-experimental design (without a comparison group), namely the one group pretest- posttest design which consists of one group that carries out a pre- test and a post-test. The location of this research was carried out during elderly posyandu activities in the village of Gunung Agung in the UPT area of Merapi II Health Center, West Merapi District, Lahat Regency and this research was carried out from January 11 2024 to March 24 2024. The total population in this study was 42 respondents and a sample of 42 people

Suggestion: It is hoped that community health center officers can carry out diabetic foot exercises at the elderly posyandu in Gunung Agung village in the Merapi II Health Center UPT area which will be carried out once a week in order to reduce cases of diabetes mellitus especially in Gunung Agung village, West Merapi District, Lahat Regency

(xy + 57 pages + 3 tables + 12 figures + 8 attachments +250 words)

Keywords : Diabetic Foot Exercise Therapy,Reducing Blood Glucose Levels bibliography : 29 (2014-2024)