

ABSTRAK
SEKOLAH TINGGI ILMU KESEHATAN (STIK)
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Pengaruh Senam Kaki Diabetes Terhadap Penurunan Kadar Gula Darah Pada Lansia Dengan Diabetes Melitus Di Puskesmas Kampus Kota Palembang Tahun 2024

(xv+74 halaman, 11 tabel, 11 gambar, 2 bagan)

ABSTRAK

Latar Belakang : Diabetes mellitus adalah kondisi di mana tubuh tidak bisa menggunakan insulin secara efektif, mengakibatkan hiperglikemia. Penting untuk memantau tekanan darah pada pasien diabetes. Aktivitas fisik membantu mengontrol gula darah dan mencegah komplikasi. Senam kaki sangat bermanfaat karena meningkatkan aliran darah dan aktivitas saraf, serta mengurangi risiko diabetes.

Tujuan : Untuk mengetahui pengaruh senam kaki diabetes terhadap penurunan kadar gula darah pada lansia dengan diabetes melitus di Puskesmas Kampus Kota Palembang Tahun 2024?

Metode : Desain penelitian yang digunakan adalah penelitian pre eksperimental dengan rancangan penelitian *one-group pretest and posttest*. Teknik Sampel yang digunakan adalah *purposive sampling* dengan jumlah 20 responden yang diambil berdasarkan kriteria tertentu dari populasi yang telah menandatangani *informed consent*.

Hasil : hasil penelitian ini didapatkan skor rata-rata kadar gula darah sebelum dilakukan senam kaki diabetes adalah 228 mg/dL. Skor rata-rata kadar gula darah setelah dilakukan senam kaki diabetes adalah 227,95 mg/dL. Pada hasil uji paired sample t-test diperoleh nilai Pvalue 0,977.

Kesimpulan : hasil penelitian didapatkan Tidak ada perbedaan kadar gula darah sebelum dan sesudah dilakukan intervensi latihan fisik berupa senam kaki diabetik.. Dimana nilai $P > \text{nilai alpha } (0,05)$, dapat disimpulkan bahwa H_a ditolak dan H_o diterima berarti tidak ada pengaruh senam kaki diabetes terhadap penurunan kadar gula darah pada lansia dengan diabetes melitus di Puskesmas Kampus Palembang.

Kata Kunci : **Diabetes Melitus, Senam Kaki, Lansia, Kadar Gula Darah**

Daftar Pustaka : 26 (2017-2023)

ABSTRACT
COLLEGE OF HEALTH SCIENCES (COHS)
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NURSING STUDY PROGRAM
Thesis, August 2024

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The Effect of Diabetic Foot Exercises on Reducing Blood Sugar Levels in the Elderly with Diabetes Mellitus at the Palembang City Campus Health Center in 2024

(xv+74 pages, 11 tables, 11 images, 2 charts)

ABSTRACT

Background: Diabetes mellitus is a condition in which the body cannot use insulin effectively, resulting in hyperglycemia. It is important to monitor blood pressure in diabetic patients. Physical activity helps control blood sugar and prevent complications. Foot exercises are very beneficial because they increase blood flow and nerve activity, as well as reduce the risk of diabetes.

Objective: To determine the effect of diabetic foot exercises on reducing blood sugar levels in the elderly with diabetes mellitus at the Palembang City Campus Health Center in 2024?

Method: The research design used is a pre-experimental research with a one-group pretest and posttest *research design*. The sample technique used is *purposive sampling* with a total of 20 respondents taken based on certain criteria from the population that has signed *informed consent*.

Results: The results of this study obtained that the average score of blood sugar levels before diabetic foot exercises was 228 mg/dL. The average score of blood sugar levels after diabetic foot exercises was 227.95 mg/dL. In the results of the paired sample t-test, a Pvalue value of 0.977 was obtained.

Conclusion: the results of the study were obtained There was no difference in blood sugar levels before and after physical exercise intervention in the form of diabetic foot exercises. Where the P value > alpha value (0.05), it can be concluded that Ha is rejected and Ho is accepted, meaning that there is no effect of diabetic foot exercises on reducing blood sugar levels in the elderly with diabetes mellitus at the Palembang Campus Health Center.

Keywords : Diabetes Mellitus, Foot Gymnastics, Elderly, Blood Sugar Levels

Bibliography : 26 (2017-2023)