

Pengaruh senam diabetes terhadap kadar glukosa darah pasien DM tipe 2 di  
perkumpulan pasien diabetes RSUD Unit Swadana Daerah Kabupaten  
Sumedang = The effect of diabetes gymnastic on blood glucose rate of  
patient with diabetes  
mellitus type 2 in group of patient with diabetes at public hospital of  
Swadana  
Unit in Sumedang District / Lina Erlina

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Abstrak

**ABSTRAK**

Diabetes melitus (DM) merupakan penyakit metabolik akibat kelainan sekresi insulin, kerja insulin, atau keduanya. WHO menyimpulkan Indonesia menempati urutan ke-4 terbesar penderita DM di dunia, 90-95% adalah DM tipe 2. Latihan jasmani/ senam diabetes merupakan upaya awal dalam mencegah, mengontrol, dan mengatasi DM. Senam direkomendasikan 3-5 kali/ minggu. Penelitian bertujuan menjelaskan pengaruh senam diabetes terhadap kadar glukosa darah pasien DM tipe 2. Desain penelitian menggunakan metoda quasi experiment. Rancangan penelitian yang digunakan adalah pretest and post test group design tanpa kelompok kontrol. Sampel berjumlah 15 orang. Teknik pengambilan sampel purposive sampling. Responden diberikan intervensi senam diabetes 3 kali perminggu selama 8 minggu. Alat yang digunakan glukometer untuk mengukur kadar glukosa darah, kuesioner data responden untuk data karakteristik, kuesioner Holmes & Rahe Stress Scale untuk data stres, microtoice untuk tinggi badan, dan timbangan badan untuk berat badan. Hasil penelitian menunjukkan senam diabetes berpengaruh terhadap kadar glukosa darah pasien DM tipe 2 ( $P=0,006$ ). Stres menunjukkan hubungan yang kuat dengan kadar glukosa darah sebelum intervensi ( $r=0,688$ ,  $P=0,005$ ), hubungan berpola positif. Stres menunjukkan hubungan yang kuat dengan kadar glukosa darah sesudah intervensi ( $r=0,575$ ,  $P=0,025$ ), hubungan berpola positif. Penggunaan OHO tidak berhubungan dengan kadar glukosa darah sebelum intervensi ( $P=0,285$ ). Penggunaan OHO berhubungan dengan kadar glukosa darah sesudah intervensi ( $P=0,002$ ). Saran penelitian adalah manager keperawatan dapat memprogramkan senam diabetes minimal 3x perminggu atau tiap hari di RS dengan penanggung jawab khusus dan dievaluasi secara berkala, senam diabetes dapat dijadikan terapi komplementer dengan sistem rujukan yang terstruktur, dan penelitian dapat dijadikan landasan kerjasama lintas sektor dengan instalasi yang berbeda dalam lingkungan rumah sakit (poliklinik diabetes, kesehatan masyarakat, dan instalasi gizi).

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<b>ABSTRACT</b><br>

Diabetes mellitus (DM) is a metabolic disease because disparity of insulin secretion, insulin work, or both of them WHO concludes that Indonesia is the fourth biggest of patient with Diabetes Mellitus in the world, 90-95% is Diabetes Mellitus Type 2. Physical exercise or diabetes gymnastic is the first way on prevention, control, and overcome Diabetes Mellitus. Gymnastic is recommended 3-5 times a week. The purpose of this research to explain the effect of diabetes gymnastic on blood glucose rate of patient with diabetes mellitus type 2. Research design used a quasi experiment method. This study used pretest and post test group design without control group. Sample numbers are 15 peoples. Samples are taken by purposive sampling technique. Respondents are given a diabetes gymnastic intervention for three times a week during 8 weeks. Appliance which is used are glukotest for measuring blood glucose rate, respondent data questionnaire for characteristic data, questionnaire Holmes & Rahe Stress Scale for stress data, microtoice for body tall, and body weight machine for body weight. Research result indicated that diabetes gymnastic has an effect on blood glucose rate of patient with diabetes mellitus type 2 ( $P=0,006$ ). Stress indicated a strong relationship with blood glucose rate before intervention ( $r=0,688$ ,  $P=0,005$ ), the relation of positive design. Stress indicated a strong relationship with blood glucose rate after intervention ( $r=0,575$ ,  $P=0,025$ ), the relation of positive design. Usage of OHO don't relate to blood glucose rate before intervention ( $P=0,285$ ). Usage of OHO relates to blood glucose rate after intervention ( $P=0,002$ ). Research suggestion for nursing manager can program diabetes gymnastic for three times a week or every day at hospital with special responsibility and periodic evaluation, diabetes gymnastic can be made a Pengaruh senam..., Lina Marlina, FIK UI, 2008 complementary therapy with structural reference system and this research can become basic for the next research of nursing.