

Hubungan antara persepsi latihan fisik dengan perilaku latihan fisik pada pasien diabetes mellitus tipe 2 yang mengikuti senam di puskesmas kecamatan menteng = The relationship between exercise perception and exercise behaviour in type 2 diabetes mellitus patients participated in aerobic exercise at puskesmas kecamatan menteng

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Abstrak

Perilaku kurang aktif pada pasien DM tipe 2 dapat meningkatkan risiko penyakit kardiovaskular. Salah satu faktor yang menentukan perilaku aktif, yaitu persepsi latihan fisik. Penelitian kualitatif dengan wawancara mengenai persepsi latihan fisik dan perilaku latihan fisik dilakukan di Puskesmas Kecamatan Menteng pada pasien DM tipe 2 yang mengikuti senam. Terdapat 9 informan, sebagian besar usia produktif, perempuan, pendidikan rendah, ibu rumah tangga, riwayat menderita DM > 5 tahun, kadar HbA1c 6,5%, > 1 tahun bergabung dalam komunitas senam, 3 informan memiliki komplikasi. Sebagian besar informan merasakan sangat bermanfaat terhadap persepsi manfaat latihan fisik. Namun, ada beberapa informan merasakan latihan fisik kurang bermanfaat memperbaiki kolesterol, tidur kurang nyenyak, penurunan kekuatan otot dan penurunan kelenturan. Sebagian besar informan tidak merasakan persepsi hambatan latihan fisik. Sebagian besar informan berperilaku aktif. Frekuensi dan durasi latihan fisik sangat dipengaruhi persepsi manfaat dan hambatan latihan fisik. Strategi edukasi sangat diperlukan agar perilaku hidup aktif dapat dipertahankan untuk mengontrol kadar glukosa darah, mengendalikan komplikasi dan mencegah disabilitas. Sedentary behaviour in type 2 diabetes patients can increase the risk of cardiovascular disease. Exercise perception is a factor that determines regular exercise behaviour. Qualitative research with interview about exercise perception and exercise behaviour in type 2 diabetes patients participated in aerobic exercise at Puskesmas Kecamatan Menteng.

.....There were 9 informants, majority had productive age, female, low education, housewives, history of type 2 DM more than 5 years, HbA1c level 6.5%, more than 1 year joined the community. 3 informants had complications. Most of the informants felt very beneficial for the perception of exercise benefits. However, there were some informants who felt exercise less useful in improved cholesterol level, worst sleep, decreased muscle strength and decreased flexibility. Most of the informants did not feel exercise barriers and performed aerobic exercise regularly. The frequency and duration of aerobic exercise were very influenced by exercise benefits and barriers perception. The education strategies were very needed to maintenance active lifestyle, blood glucose control, reduce complications and prevent disability.