

UNIVERSITAS MUHAMMADIYAH TASIKMALAYA
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PROGRAM STUDI SARJANA KEPERAWATAN

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**Pengaruh Senam Diabetes terhadap Penurunan Kadar Gula Darah Sewaktu
pada Penderita Diabetes Mellitus di Wilayah Kerja Puskesmas
Tamansari**

ABSTRAK

xiii + 55 halaman + 7 tabel + 1 bagan + 16 lampiran

Angka kejadian Diabetes Mellitus cenderung mengalami peningkatan sebesar 6% dari total penduduk Indonesia. Dampak yang ditimbulkan akibat kadar gula darah yang tidak terkontrol yaitu terjadinya komplikasi, sehingga perlu upaya yang dapat menurunkan kadar gula darah, salah satunya dengan senam diabetes. Tujuan dari penelitian ini yaitu mengetahui pengaruh senam diabetes terhadap penurunan kadar gula darah sewaktu pada penderita diabetes mellitus di wilayah kerja Puskesmas Tamansari. Metode penelitian *quasy experiment one group pre dan post design*, jumlah sampel 18 orang menggunakan *purposive sampling*. Analisis data menggunakan *paired sample t-test*. Hasil penelitian menunjukkan bahwa rata-rata kadar gula darah sewaktu sebelum senam sebesar 203,0 mg/dl dan setelah senam sebesar 179,7 mg/dl, selisihnya sebesar 23,3 mg/dl dengan *p value* 0,000, maka H_0 ditolak artinya ada pengaruh senam diabetes terhadap penurunan kadar gula darah sewaktu pada penderita diabetes mellitus di wilayah kerja Puskesmas Tamansari. Harapannya perawat lebih mensosialisasikan pada penderita diabetes mellitus untuk melakukan senam diabetes untuk menjaga kadar gula darah sewaktu.

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Kata Kunci : Diabetes Mellitus, Senam Diabetes, Kadar Gula Darah Sewaktu
Kepustakaan : 2009-2016

MUHAMMADIYAH UNIVERSITY OF TASIKMALAYA
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Thesis, September 2018
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**The Influence of Gymnastic Diabetes to a Reduce in blood Sugar Levels
Patient with Diabetics Mellitus in the Work Area of Tamansari Public Health
Center**

ABSTRACT

xiii + 55 page + 7 table + 1 sketch + 16 attachment

The rate of Diabetes Mellitus tended to increase 6% from the Indonesian total population. The impact caused uncontrolled blood sugar concentration namely complicatios, with the result that needed to solve the problem of blood sugar level, which called Diabetes Gymnastics. This research purposes to know how diabetes gymnastic influence toward reduce of blood sugar levels patient with Diabetes Mellitus at work area of Tamansari Public Health Center. The method are quasy experiment one group pre and post design. The sample was 18 people used purposive sampling. An analysis of the data used paired sample t-test. The results show that the average of blood sugar levels before gym was 203,0 mg/dl and after gym was 179,7 mg/dl, the gain was 23,3 mg/dl with a p-value 0,000. So, Ho was rejected which meant diabetes gymnastics of reducing blood sugar levels patient with Diabetes Mellitus at work area of Tamansari Public Health Center was effective. Hope that the further nurse do socializations more to the patient with diabetes gymnastics to keep of blood sugar levels.

Keywods :Diabetes Mellitus, Gymnastics Diabetes, Blood Sugar Levels
Literature :2009-2016