

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
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**Pengaruh Terapi *Brisk Walking Exercise* Terhadap Kadar Glukosa Darah
Penderita Diabetes Mellitus Di Wilayah Kerja Puskesmas Garuda Kota
Pekanbaru
xiv + 106 Halaman + 7 Tabel + 18 Lampiran**

ABSTRAK

Diabetes mellitus (DM) merupakan gangguan metabolik yang ditandai dengan kenaikan kadar glukosa darah diatas batas normal. Kadar glukosa darah yang tinggi, jika tidak terkontrol, dapat menyebabkan komplikasi serius seperti penyakit jantung, kerusakan ginjal, dan kebutaan. Pengelolaan DM sangat bergantung pada pengontrolan kadar glukosa darah melalui terapi yang tepat. Terapi farmakologis sering digunakan, namun pengobatan non-farmakologis juga menjadi pilihan yang semakin penting dalam mengelola DM. salah satunya melakukan aktivitas fisik yaitu *brisk walking exercise*, aktivitas fisik ini tidak mengakibatkan peningkatan insulin melainkan meningkatkan penyerapan glukosa oleh otot-otot yang aktif sehingga menjaga kadar glukosa darah tetap stabil. Penelitian ini bertujuan untuk mengetahui pengaruh terapi *brisk walking exercise* terhadap kadar glukosa darah penderita diabetes mellitus di wilayah kerja puskesmas garuda. Penelitian ini merupakan penelitian kuantitatif dengan desain *quasy eksperiment* dengan rancangan *pre-test and post-test without control*. Penelitian dilaksanakan pada bulan Februari dengan intervensi yang diberikan terapi *brisk walking exercise* kepada 36 responden.. Jumlah responden dipilih dengan teknik *purposive sampling* sesuai dengan kriteria inklusi dan eksklusi. Instrument yang digunakan dalam penelitian ini adalah SOP, *glucometer (Easy Touch)* dan lembar observasi. Analisis yang digunakan pada penelitian ini yaitu univariat dan bivariat dengan menggunakan analisi statistik *uji paired test*. Hasil penelitian didapatkan rerata kadar glukosa darah *pre-test* 247,39mg/dl dan *post-test* 196,58mg/dl. Uji statistik didapatkan bahwa *p-value* sebesar 0,000 ($< 0,05$) artinya H_0 ditolak, dengan demikian terdapat perbedaan rerata kadar glukosa darah sebelum dan sesudah terapi *brisk walking exercise*. Rekomendasi *brisk walking exercise* sebagai latihan aktifitas fisik yang dapat dilakukan secara mandiri terhadap penderita diabetes mellitus.

Kata Kunci : Diabetes Mellitus, *Brisk Walking Exercise*, Kadar Glukosa Darah
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The Effect of Brisk Walking Exercise Therapy on Blood Glucose Levels of Patients with Diabetes Mellitus in the Garuda Health Center Work Area, Pekanbaru City
xiv + 106 Pages + 7 Tables + 18 Attachments

ABSTRACT

Diabetes mellitus (DM) is a metabolic disorder characterized by elevated blood glucose levels above normal limits. High blood glucose levels, if uncontrolled, can lead to serious complications such as heart disease, kidney damage, and blindness. The management of DM relies heavily on controlling blood glucose levels through appropriate therapy. Pharmacological therapy is often used, but non-pharmacological treatment is also becoming an increasingly important option in managing DM. one of them is doing physical activity, namely brisk walking exercise, this physical activity does not cause an increase in insulin but rather increases the absorption of glucose by active muscles so as to keep blood glucose levels stable. This study aims to determine the effect of brisk walking exercise therapy on blood glucose levels in patients with diabetes mellitus. therapy on blood glucose levels of patients with diabetes mellitus in the working area of the garuda health center. This research is a quantitative study with the design quasy experiment design with pre-test and post-test without control. Data collection time was carried out at 07.30 WIB on February 8-12, which was carried out to 36 respondents. The number of 36 respondents were selected using purposive sampling technique in accordance with the inclusion and exclusion criteria. The instruments used in this study are SOP, glucometer (Easy Touch) and observation sheet. The analysis used in this study was univariate and bivariate using paired test statistical analysis. The results showed that the average pre-test blood glucose level was 247.39mg/dl and post-test 196.58mg/dl. Statistical tests found that the P-value of 0.000 (<0.05) means H_0 is rejected, thus there is a difference in the average blood glucose levels before and after brisk walking exercise therapy. The results of this study can be used as a recommendation for physical activity training by doing brisk walking exercise therapy for people with diabetes mellitus.

*Keywoards : Diabetes Mellitus, Brisk Walking Exercise, Blood Glucose Levels
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