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**ASUHAN KEPERAWATAN GERONTIK DENGAN PENERAPAN
PENATALAKSANAAN DM MELALUI *ARM SWING EXERCISE* PADA
MASALAH KEPERAWATAN KETIDAKSTABILAN KADAR GLUKOSA
DARAH PENDERITA DIABETES MELLITUS TIPE II**

xii + 55 Halaman + 5 Tabel + 5 Lampiran + 1 Gambar

ABSTRAK

Lanjut usia adalah seseorang yang telah mencapai usia 60 tahun keatas dan mengalami perubahan biologis serta psikologis. Lansia menjadi kelompok yang rentan mengalami peningkatan glukosa darah akibat penurunan fungsi metabolik dan kurangnya pengetahuan tentang perawatan diri. Diabetes melitus tipe 2 merupakan penyakit kronis yang memerlukan manajemen mandiri jangka panjang, terutama dalam mengendalikan kadar glukosa darah. Salah satu intervensi nonfarmakologis yang dapat dilakukan untuk membantu menurunkan kadar glukosa darah dan meningkatkan pemahaman adalah penatalaksanaan diabetes dengan latihan fisik *Arm Swing Exercise* (ASE). Penelitian ini bertujuan untuk mengetahui pengaruh ASE terhadap kestabilan kadar glukosa darah serta peningkatan pengetahuan lansia dengan diabetes tipe 2. Desain penelitian menggunakan eksperimen dengan pendekatan *pre-test* dan *post-test* pada dua lansia. Intervensi dilakukan selama lima hari berturut-turut. Data diperoleh dari pengukuran kadar glukosa darah sewaktu. Hasil menunjukkan penurunan kadar glukosa darah pada Ny. R dari 254 mg/dL menjadi 225 mg/dL dan Ny. S dari 278 mg/dL menjadi 243 mg/dL. Dapat disimpulkan bahwa masalah keperawatan yang diangkat yaitu ketidakstabilan kadar glukosa darah dan defisit pengetahuan berhasil diatasi dengan melihat hasil nilai kadar glukosa darah membaik. Diharapkan penatalaksanaan DM melalui ASE efektif sebagai salah satu intervensi keperawatan yang dapat dilakukan secara mandiri untuk meningkatkan kestabilan kadar glukosa darah dan pengetahuan lansia dalam pengelolaan diabetes melitus.

Kata kunci : Keperawatan Gerontik, Diabetes Mellitus, *Arm Swing Exercise*
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**GERONTIC NURSING CARE WITH THE APPLICATION OF DM
MANAGEMENT THROUGH ARM SWING EXERCISE IN NURSING
PROBLEMS OF BLOOD GLUCOSE LEVEL INSTABILITY IN PATIENTS
WITH TYPE II DIABETES MELLITUS**

xii + 55 Pages + 5 Tables + 5 Arttachment + 1 Pictures

ABSTRACT

Older adults are individuals who have reached the age of 60 and above and experience biological and psychological changes. Older adults are a vulnerable group prone to elevated blood glucose levels due to impaired metabolic function and lack of knowledge about self-care. Type 2 diabetes mellitus is a chronic condition requiring long-term self-management, particularly in controlling blood glucose levels. One non-pharmacological intervention that can be implemented to help lower blood glucose levels and improve understanding is diabetes management through physical exercise, specifically the Arm Swing Exercise (ASE). This study aims to determine the effect of ASE on blood glucose stability and the improvement of knowledge among older adults with type 2 diabetes. The study design uses an experimental approach with pre-test and post-test measurements on two older adults. The intervention was conducted over five consecutive days. Data were obtained from blood glucose level measurements. The results showed a decrease in blood glucose levels in Mrs. R from 254 mg/dL to 225 mg/dL and in Mrs. S from 278 mg/dL to 243 mg/dL. It can be concluded that the nursing issues raised, namely unstable blood glucose levels and knowledge deficits, were successfully addressed, as evidenced by improved blood glucose levels. It is hoped that DM management through ASE will be effective as a nursing intervention that can be carried out independently to improve blood glucose stability and the knowledge of elderly people in managing diabetes mellitus.

Keywords: Gerontological Nursing, Diabetes Mellitus, Arm Swing Exercise

References: 56 (2015-2025)