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Pengaruh Terapi *Brisk Walking Exercise* Terhadap Kadar Glukosa Darah Penderita Diabetes Mellitus di Wilayah Kerjaa Puskesmas Garuda Kota Pekanbaru

Xiv + 53 Halaman + 4 Tabel + 1 Skema + 4 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, 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 ekslusi. *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 Ho ditolak, dengan demikian terdapat perbedaan rerata kadar glukosa darah sebelum dan sesudah terapi *brisk walking exercise*. Rekomendasi untuk penelitian selanjutnya disarankan untuk membandingkan efektivitas *brisk walking exercise* dengan intervensi lain, baik nonfarmakologis seperti puasa Senin dan Kamis maupun farmakologis seperti metformin, dalam pengendalian kadar glukosa darah pada penderita diabetes mellitus.

Kata Kunci: *Brisk Walking Exercise*, Diabetes Mellitus, Kadar Glukosa Darah
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The Effect of Brisk Walking Exercise Therapy on Blood Glucose Levels of Patients With Diabetes Melitus

Xiv + 53 Pages + 4 Tables + 1 Schemes + 4 Attachments

ABSTRACT

Diabetes mellitus (DM) is a metabolic disorder characterized by an increase in blood glucose levels above normal limits. High blood glucose levels, if uncontrolled, can cause serious complications such as heart disease, kidney damage, and blindness. This study aims to determine the effect of brisk walking exercise therapy on bl ood glucose levels of patients with diabetes mellitus in the working area of the garuda health center. This study is a quantitative study with a quasy experimental design with a pre-test and post-test without control design. The study was conducted in February with the intervention given brisk walking exercise therapy to 36 respondents. The number of respondents was selected using purposive sampling technique in accordance with the inclusion and exclusion criteria. The instruments used in this study were SOP, glucometer (Easy Touch) and observation sheet. The analysis used in this study is 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. The results of statistical tests for knowledge show p value = 0.000 < 0.05, means that Ho is rejected, thus there is a difference in the average blood glucose levels before and after brisk walking exercise therapy. Recommendations for further research suggest comparing the effectiveness of brisk walking exercise with other interventions, both non-pharmacological such as fasting on Mondays and Thursdays and pharmacological such as metformin, in controlling blood glucose levels in patients with diabetes mellitus.

Keywords : Brisk Walking Exercise, Diabetes Mellitus, Blood Glucose Levels
References: 56 References (2018-2024)