

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
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**Efektivitas Senam Kaki Terhadap Penurunan Nyeri Neuropati Pada
Penderita Diabetes Mellitus di Puskesmas Garuda Pekanbaru**

Xiii + 54 Halaman +2 Skema + 7 Tabel + 15 Lampiran

ABSTRAK

Diabetes Mellitus merupakan masalah kesehatan yang dapat menimbulkan berbagai gangguan salah satunya adalah neuropati. Tindakan yang dapat dilakukan untuk mengurangi nyeri neuropati yaitu dengan senam kaki. Tujuan penelitian ini untuk mengetahui efektivitas senam kaki terhadap penurunan nyeri neuropati pada pasien diabetes melitus di Puskesmas Garuda Pekanbaru. Jenis penelitian ini adalah kuantitatif dan rancangan *quasi eksperimen* dengan *one group pretest-posttest design*. Populasi dalam penelitian ini adalah 1848 penderita DM dengan jumlah sampel 19 orang dan pengambilan sampel menggunakan metode *consecutive sampling*. Jumlah responden dalam penelitian ini 19 orang penderita DM. Instrument yang digunakan adalah Skala *Neuropathy Symptom Score* (NSS). Senam kaki dilakukan secara demonstrasi selama 15 menit. Analisis yang digunakan adalah distribusi frekuensi karakteristik responden dan uji statistic *dependen t-test*. Hasil analisi univariat Sebagian besar responden berusia 45-59 tahun 14 orang (73,7%) berjenis kelamin perempuan 12 orang (63,2%) berpendidikan SMA 11 orang (57,9%) sebagai IRT 10 orang (52,6%) lama menderita DM >5 tahun 16 orang (84,2%) dan memiliki riwayat keluarga 14 orang (73,7%). Hasil uji *dependen t- test* menunjukkan rerata nyeri neuropati sebelum intervensi 9,95, setelah intervensi 7,73, dan perbedaan rerata sebelum dan sesudah intervensi 2,22. Adanya perbedaan tingkat nyeri sebelum dan sesudah diberikan senam kaki (*p value* 0,000 < 0,05). Senam kaki dapat menjadi referensi dalam pengelolaan DM secara non farmakologis. Fasilitas kesehatan juga dapat mengkolaborasikan pengobatan farmakologis dengan pengobatan farmakologis. Responden diharapkan dapat melakukan senam kaki yang telah diajarkan minimal 2 kali setiap harinya.

Kata kunci : Diabetes mellitus, Senam Kaki, Neuropati
Daftar Bacaan : 44 (2006-2024)

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Effectiveness of Foot Gymnastics on Reducing Neuropathy Pain in Diabetes Mellitus Patients at Garuda Pekanbaru Health Center

Xiii + 54 Pages +2 Schemes + 7 Tables + 15 Attachments

ABSTRACT

Diabetes mellitus is a health problem that can cause various disorders, one of which is neuropathy. Actions that can be taken to reduce neuropathy pain are foot exercises. The purpose of this study was to determine the effectiveness of foot exercises on reducing neuropathy pain in patients with diabetes mellitus at the Garuda Pekanbaru Health Center. This type of research is quantitative and quasi experimental design with one group pretest-posttest design. The population in this study were 1848 people with DM with a sample size of 19 people and sampling using consecutive sampling method. The number of respondents in this study were 19 people with DM. The instrument used was the Neuropathy Symptom Score (NSS) Scale. Foot gymnastics is done by demonstration for 15 minutes. The analysis used is the frequency distribution of respondent characteristics and the dependent t-test statistical test. The results of univariate analysis Most of the respondents aged 45-59 years 14 people (73.7%) were female 12 people (63.2%) had a high school education 11 people (57.9%) as housewives 10 people (52.6%) long suffering from DM> 5 years 16 people (84.2%) and had a family history of 14 people (73.7%). The results of the dependent t-test showed the mean neuropathy pain before the intervention was 9.95, after the intervention was 7.73, and the mean difference before and after the intervention was 2.22. There is a difference in pain levels before and after being given foot exercises (p value 0.000 <0.05). Foot gymnastics can be a reference in the management of DM non-pharmacologically. Health facilities can also collaborate pharmacological treatment with pharmacological treatment. Respondents are expected to do the foot exercises that have been taught at least 2 times every day.

Keywords: Diabetes Mellitus, Foot Gymnastics, Neuropathy
References: 44 (2006-2024)