

ABSTRAK

Nirwanto K. Rahim. 2015. *Pengaruh Senam Diabetes Terhadap Penurunan Kadar Gula Darah Sewaktu Pada Pasien dengan DM tipe II di Wilayah Kerja Puskesmas Global Kec. Limboto Kab. Gorontalo.* Skripsi, Jurusan Program Studi Ilmu Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I **Suwarly Mobiliu, S. Kp, M. Kep.**, dan Pembimbing II **dr. Sitti Rahma, M.Kes.**

Diabetes melitus adalah penyakit hiperglikemia yang ditandai dengan insensitivitas sel terhadap insulin. Senam diabetes merupakan salah satu latihan fisik dan jasmani untuk penderita DM tipe II. Tujuan penelitian mengetahui pengaruh Senam diabetes terhadap penurunan kadar gula darah sewaktu pada pasien dengan DM tipe II di wilayah kerja Puskesmas Global Kec. Limboto Kab. Gorontalo

Penelitian ini menggunakan jenis penelitian pra eksperimen dengan desain *one group pra-post test design*. Sampel pada penelitian ini berjumlah 33 responden dengan teknik total sampling dan berdasarkan kriteria sampel. Data dikumpul melalui teknik lembar observasi, dianalisis dengan uji T-berpasangan.

Hasil Penelitian menunjukkan didapatkan kadar gula darah sewaktu sebelum intervensi senam dengan nilai mean 198.67 dan std. deviasi 28.987 sedangkan kadar gula darah sewaktu setelah intervensi senam dengan nilai mean 163.27 dan std. deviasi 32.575. Untuk nilai p value = 0.000 (<0.05). Kesimpulan penelitian ini adalah terdapat pengaruh senam diabetes terhadap penurunan kadar gula darah sewaktu pada pasien dengan DM tipe II di wilayah kerja puskesmas global kec. Limboto kab. Gorontalo tahun 2015.

Disarankan kepada pihak puskesmas agar dapat menjadikan senam diabetes sebagai salah satu cara pengendalian gula darah disamping pembatasan makan, dan farmakologi.

Kata Kunci : Diabetes Melitus, Senam Diabetes.

Daftar pustaka : 45 referensi (2004-2015)

ABSTRACT

Nirwanto K. Rahim. 2015. *The Influence of the Diabetic Gymnastic toward the Decrease of the In-Time Blood Sugar Level in the Patient of the Type II DM in the Area of the Global Health Care Centre (Puskesmas) of Limboto Sub-district, District of Gorontalo*. Skripsi. Study Program of Nursing, Faculty of Health Science and Sports, State University of Gorontalo. Principal Supervisor was **Suwarly Mobiliu, S.Kp, M.Kep** and Co-supervisor was **dr. Sitti Rahma, M.Kes**.

The diabetic mellitus is a hyperglycaemic disease marked by the insensitivity of the cell toward the insulin. Diabetic gymnastic is a physical exercise for the patient with the type II DM. This research objective was to find out the influence of diabetic gymnastic toward the decrease of the in-time blood sugar level on patient with type II DM in the area of Puskesmas Global of Limboto sub-district, district of Gorontalo.

This research was a pre-experiment research with one group of pre and post-test design. The samples of this research were 33 respondents with the total sampling technique based on the sample criteria. The data are collected through observation sheet, and then analysed using the paired T-test.

The research showed that the mean score of the in-time blood sugar level before the gymnastic intervention was 198.67 with the standard deviation of 28.987, meanwhile, the mean score of the in-time blood sugar level after the gymnastic intervention was 163.27 with the standard deviation of 32.575. The p value is 0.000 (>0.05). The conclusion of this research was that there was a difference caused by the treatment of diabetic gymnastic toward the decrease of the in-time blood sugar level on patient with type II of Diabetic Mellitus in the area of Puskesmas Global of Limboto sub-district, of Gorontalo district in 2015.

It was recommended that the Puskesmas could make the diabetic gymnastic as one of the methods to control the blood sugar level as a supplement to regulating the diet intake and the pharmacology.

Keywords: Diabetic Mellitus, Diabetes Gymnastic

Keywords: 45 references (2004-2015).

