PENGARUH SENAM KAKI DIABETIK DALAM MENURUNKAN KADAR GULA DARAH PADA PASIEN DIABETES MELITUS DI WILAYAH KERJA PUSKESMAS KRUENG BARONA JAYA ACEH BESAR

Jihan Faradilla[1], Raysha Ramadhani[2], Della Amanda[3], Adella Sukma[4], Monika Helda[5], Karmila Br Kaban[6]*

PUI-PT Palliative Care, Universitas Prima Indonesia

jihanfrdlla@gmail.com

ABSTRAK

Diabetes Melitus merupaka nn penyakit metabolik yang ditandai dengan peningkatan kadar glukosa darah dan dapat menimbulkan berbagai komplikasi. Salah satu upaya nonfarmakologis yang dapat dilakukan adalah senam kaki diabetik. Penelitian ini bertujuan untuk menganalisis pengaruh senam kaki diabetik terhadap kadar gula darah pada pasien Diabetes Melitus di Wilayah Kerja Puskesmas Krueng Barona Jaya Aceh Besar. Penelitian ini menggunakan metode kuantitatif dengan desain deskriptif analitik dan pendekatan *cross-sectional*. Sampel penelitian berjumlah 30 pasien Diabetes Melitus tipe 2 yang dipilih dengan teknik *accidental sampling*. Pengukuran kadar gula darah dilakukan sebelum dan sesudah senam kaki diabetik, kemudian dianalisis menggunakan uji McNemar. Hasil penelitian menunjukkan bahwa kadar gula darah tidak normal sebelum intervensi sebanyak 20 responden (66,7%) dan setelah intervensi menurun menjadi 16 responden (53,3%). Meskipun terdapat penurunan secara deskriptif, hasil uji McNemar menunjukkan nilai *Exact Sig.* sebesar 0,125 ($p>0,05$), sehingga tidak terdapat pengaruh yang bermakna secara statistik antara senam kaki diabetik terhadap perubahan kategori kadar gula darah. Disimpulkan bahwa senam kaki diabetik menunjukkan kecenderungan penurunan kadar gula darah, tetapi belum terbukti memberikan pengaruh yang signifikan secara statistik pada penelitian ini.

Kata kunci: Diabetes Melitus, senam kaki diabetik, kadar gula darah.

ABSTRACT

Diabetes Mellitus is a metabolic disease characterized by elevated blood glucose levels and can lead to various complications. One non-pharmacological effort that can be undertaken is diabetic foot exercises. This study aims to analyze the effect of diabetic foot exercises on blood sugar levels in patients with diabetes mellitus in the Krueng Barona Jaya Community Health Center (Puskesmas) in Aceh Besar. This study used a quantitative method with a descriptive analytical design and a cross-sectional approach. The study sample consisted of 30 type 2 diabetes mellitus patients selected using an accidental sampling technique. Blood sugar levels were measured before and after the diabetic foot exercises, then analyzed using the McNemar test. The results showed that 20 respondents (66.7%) had abnormal blood sugar levels before the intervention and after the intervention, which decreased to 16 respondents (53.3%). Although there was a descriptive decrease, the McNemar test results showed an Exact Significance value of 0.125 ($p>0.05$), indicating no statistically significant effect between diabetic foot exercises and changes in blood sugar levels. It was concluded that diabetic foot exercises showed a tendency to reduce blood sugar levels, but this study did not prove to have a statistically significant effect.

Keywords: Diabetes Mellitus, diabetic foot exercises, blood sugar levels.