

ABSTRAK

Diabetes Mellitus (DM) tipe 2 adalah penyakit kronis serius dan prevalensinya terus meningkat. Latihan jasmani merupakan aktivitas fisik yang dilakukan secara rutin agar kadar glukosa darah penderita DM tipe 2 dapat terkontrol. Tujuan penelitian ini untuk mengetahui pengaruh latihan jasmani yang dikategorikan berdasarkan aktivitas fisik, frekuensi latihan jasmani, durasi latihan jasmani dan intensitas latihan jasmani dengan kadar glukosa darah pada penderita DM tipe 2. Penelitian ini merupakan penelitian observasional analitik dengan desain kasus kontrol. Penelitian ini dilakukan di Puskesmas Medan Johor Kota Medan pada tahun 2022. Data diperoleh dari wawancara dengan kuesioner yang dilakukan pada 17 sampel kelompok kasus dan 17 sampel kelompok kontrol dengan teknik *consecutive sampling*. Variabel terikat dalam penelitian ini adalah kadar glukosa darah, sedangkan variabel bebas adalah aktivitas fisik, frekuensi latihan jasmani, durasi latihan jasmani dan intensitas latihan jasmani. Analisis data menggunakan uji Chi-Square. Hasil penelitian menunjukkan semua variabel berpengaruh terhadap kadar glukosa darah, yaitu aktivitas fisik ($p=0,028$), frekuensi latihan jasmani ($p=0,006$), durasi latihan jasmani ($p=0,015$) dan intensitas latihan jasmani ($p=0,034$). Kesimpulan penelitian ini adalah latihan jasmani yang dilaksanakan sebanyak 3 kali dalam seminggu, selama 30 menit dalam satu sesi latihan dapat mengurangi risiko terjadinya kadar glukosa darah yang tidak terkontrol.

Kata kunci : DM tipe 2, latihan jasmani, kadar glukosa darah

ABSTRACT

Diabetes Mellitus (DM) type 2 is a serious chronic disease and its prevalence continues to increase. Physical exercise is a physical activity that is carried out regularly so that blood glucose levels in type 2 DM patients can be controlled. The purpose of this study was to determine the effect of physical exercise which was categorized based on physical activity, frequency of physical exercise, duration of physical exercise and intensity of physical exercise on blood glucose levels in patients with type 2 diabetes. This study was an analytical observational study with a case-control design. This research was conducted at the Medan Johor Health Center, Medan City in 2022. Data were obtained from interviews with questionnaires conducted on 17 samples of the case group and 17 samples of the control group with consecutive sampling technique. The dependent variable in this study was blood glucose levels, while the independent variables were physical activity, frequency of physical exercise, duration of physical exercise and intensity of physical exercise. Data analysis using Chi-Square test. The results showed that all variables related had an effect on blood glucose levels, namely physical activity ($p = 0.028$), frequency of physical exercise ($p = 0.006$), duration of physical exercise ($p = 0.015$) and intensity of physical exercise ($p = 0.034$). The conclusion of this study is that physical exercise carried out 3 times a week, for 30 minutes in one training session can reduce the risk of uncontrolled blood glucose levels.

Keywords: type 2 diabetes mellitus, physical exercise, blood glucose levels