

# **Efektivitas *Walking Exercise 30 Minutes* Terhadap Peningkatan Kualitas Hidup Wanita Menopause Dengan *Diabetes Mellitus* di Wilayah Kerja Puskesmas Kota Pekanbaru**

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## **Abstrak**

Perubahan hormonal pada masa menopause memengaruhi kadar gula darah dan mempersulit sebagian wanita dalam mengontrol DM. Penelitian bertujuan untuk menganalisis dan membuktikan perbedaan kualitas hidup wanita menopause dengan DM sebelum dan sesudah dilakukan *walking exercise 30 minutes*.

Rancangan penelitian menggunakan *quasi eksperimen*. Subjek penelitian berjumlah 86 orang dibedakan dalam 2 kelompok, yaitu sejumlah 43 kelompok intervensi *walking exercise 30 minutes*, 43 kelompok kontrol pada wanita menopause. Data dikumpulkan menggunakan instrumen Standar Operasional Prosedur *Walking Exercise*, kuesioner data demografi, *Menopause Quality Of Life*. Uji t test berpasangan dan tidak berpasangan dengan nilai signifikan  $p < 0,05$ . Dan data yang menggunakan uji *Wilcoxon Sign Rank* dan *Mann Whitney U Test*. Pengolahan data dengan bantuan perangkat lunak statistik. Hasil analisis menunjukkan terdapat perbedaan yang signifikan antara sebelum dan sesudah dilakukan *walking exercise 30 minutes* terhadap peningkatan kualitas hidup wanita menopause dengan DM ( $t=16,729$ ;  $p=0.000$ ). Hasil penelitian ini diharapkan dapat menjadi rujukan dan menjadi acuan dalam membuat program khususnya Puskesmas dalam meningkatkan kualitas hidup pasien Menopause

Kata kunci: Aktivitas fisik, *Diabetes Mellitus*, Menopause, *walking exercise 30 minutes*.

***The Effectiveness of 30 Minutes Walking Exercise on Improving the Quality of Life of Menopausal Women with Diabetes Mellitus in the Work Area of the Pekanbaru City Health Center***

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***Abstract***

*Hormonal changes during menopause affect blood sugar levels and make it difficult for some women to control DM. The study aims to analyze and prove the difference in quality of life of menopausal women with DM before and after walking exercise 30 minutes.*

*The research design used quasi-experimental. The subjects of the study amounted to 86 people divided into 2 groups, namely 43 groups of walking exercise 30 minutes intervention, 43 control groups in menopausal women. Data were collected using the Standard Operating Procedure Walking Exercise instrument, demographic data questionnaire, Menopause Quality Of Life. Paired and unpaired t-test with a significant value of  $p < 0.05$ . And data using the Wilcoxon Sign Rank test and Mann Whitney U Test. Data processing with the help of statistical software. The results of the analysis showed that there was a significant difference between before and after walking exercise 30 minutes on improving the quality of life of menopausal women with DM ( $t = 16.729$ ;  $p = 0.000$ ). The results of this study are expected to be a reference and a reference in making programs, especially Puskesmas in improving the quality of life of Menopause patients.*

*Key words: Physical activity, Diabetes Mellitus, Menopause, walking exercise 30 minutes*