

Perbedaan Kadar Glukosa Darah Puasa Sebelum dan Sesudah Senam Diabetes Pada Pasien Prolanis Diabetes Mellitus Tipe 2

Rangga Hadiyansyah¹, Andri Sukeksi², Tulus Ariyadi²

¹Program Studi D IV Analis Kesehatan Fakultas Ilmu Keperawatan dan Kesehatan Universitas Muhammadiyah Semarang.

²Laboratorium Patologi Klinik Fakultas Ilmu Keperawatan dan Kesehatan Universitas Muhammadiyah Semarang.

ABSTRAK

Diabetes melitus (DM) merupakan kelompok penyakit metabolik dengan karakteristik peningkatan kadar glukosa darah (hiperglikemi) yang terjadi karena kelainan sekresi insulin, aktivitas insulin dan keduanya. Upaya untuk menurunkan kadar glukosa darah adalah melalui empat pilar penatalaksanaan DM yang salah satunya adalah latihan jasmani. Latihan jasmani yang banyak dilakukan adalah dengan senam. Senam dapat membakar kalori yang ada pada tubuh dan membakar asupan kadar glukosa yang diubah menjadi energi, sehingga kadar glukosa darah lebih terkontrol. Tujuan penelitian untuk mengetahui perbedaan kadar glukosa sebelum dan sesudah senam diabetes pada pasien prolanis DM tipe 2. Jenis penelitian analitik, dilakukan di Puskesmas Panguragan Kabupaten Cirebon pada bulan Juni-Juli 2018. Sampel penelitian 16 pasien Prolanis DM Tipe 2 Puskesmas Panguragan Kabupaten Cirebon DM Tipe 2, kadar glukosa darah puasa < 250 mg/dL. Kadar glukosa darah sebelum senam dalam rentang 96-289 mg/dL, rerata 167,56 mg/dL, dan simpang baku 61,28. Kadar glukosa darah sesudah senam dalam rentang 69-289 mg/dL, rerata 148,50 mg/dL, dan simpang baku 64,08. Hal ini menunjukkan bahwa rerata kadar glukosa darah sesudah senam mengalami penurunan. Hasil uji statistik *Paired t Test* menunjukkan bahwa terdapat perbedaan bermakna pada kadar glukosa darah sebelum dan sesudah senam diabetes ($p=0,019$).

Kata kunci : glukosa darah puasa, senam diabetes mellitus

Differences in Fasting Blood Glucose Levels Before and After Diabetes Gymnastics in Type 2 Diabetes Mellitus Prolanis Patients

Rangga Hadiyansyah 1, Andri Sukeksi², TulusAriyadi²

¹Study Program D IV Health Analyst, Faculty of Nursing and Health, University of Muhammadiyah Semarang.

²Clinical Pathology Laboratory, Faculty of Nursing and Health, University of Muhammadiyah Semarang.

ABSTRACT

Diabetes mellitus (DM) is a group of metabolic diseases with characteristics of increased blood (hyperglycemia) that occur due to abnormalities in insulin secretion, insulin activity and both. Efforts to reduce glucose levels are through the management of pillars which is one of them is physical exercise. Physical exercise that is mostly done is with exercise. Gymnastics can burn calories in the body and the flow of intake that changes into energy, so that blood levels are more controlled. The purpose of this study was to determine glucose levels before and after diabetes in patients with type 2 diabetes mellitus. This type of analytical study was carried out at the Panguragan Health Center of Cirebon Regency in June-July 2018. The study sample was 16 patients of Prolanis DM Type 2 Panguragan Health Center, Cirebon District Type 2 DM, fasting blood glucose levels <250 mg / dL. Blood levels before exercise in the range of 96-289 mg / dL, mean 167.56 mg / dL, and standard intersection 61.28. Blood levels of gymnastics in the range 69-289 mg / dL, mean of 148.50 mg / dL, and standard deviation 64.08. This shows that the average blood glucose level after gymnastics dropped. The results of the Pired t Test statistical test showed that there were significant differences in glucose levels before and after diabetes exercise ($p = 0.019$).

Keywords: fasting blood glucose, diabetes mellitus exercise