

ABSTRAK
HUBUNGAN AKTIVITAS FISIK DENGAN KADAR GULA DARAH
PADA PASIEN DIABETES MELLITUS

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Diabetes Mellitus (DM) merupakan kelompok penyakit metabolik dengan karakteristik hiperglikemia disebabkan karena sekresi insulin. Salah satu faktor yang mempengaruhi kadar gula darah yaitu kurangnya aktivitas fisik. Tujuannya untuk mengetahui hubungan aktivitas fisik, kadar gula darah pasien diabetes mellitus di UPT Puskesmas Sooko Mojokerto. Desain yang digunakan analitik kolerasional. Populasi penelitian ini seluruh penderita diabetes mellitus sebanyak 40 responden sesuai dengan kriteria inklusi. Sampel berjumlah 34 responden. Teknik sampling yang digunakan adalah *consecutive sampling*. Instrument pengumpulan data menggunakan kuesioner PAL (Physical Activity Level). Penelitian menunjukkan rata rata penderita memiliki aktivitas fisik ringan (23.5%), aktivitas sedang (41.2%), aktivitas berat (35%), dan hasil dari kadar gula darah rendah (5.9%), kadar gula darah normal (23%), kadar gula darah tinggi (26.5%). Dan hasil dari uji statistik spearman rho p-value 0,000 diperoleh nilai signifikan dengan kolerasi 0,576 dengan artian memiliki hubungan yang kuat, koefisien kolerasi menunjukkan jika kadar gula darah tinggi maka aktivitas fisik yang dilakukan menurun (bukan hubungan searah jika satu turun satu naik). Ada hubungan antara aktivitas fisik dengan kadar gula darah di UPT Puskesmas Sooko Mojokerto. Semakin baik aktivitas fisik yang dilakukan maka kadar gula darah bisa normal. Oleh karena itu, perhatian terhadap aktivitas fisik sangat penting untuk meningkatkan kontrol gula darah dan kesejahteraan penderita diabetes.

Kata kunci: Aktivitas Fisik, Kadar Gula Darah, Diabetes Melitus

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ABSTRACT
**THE RELATIONSHIP OF PHYSICAL ACTIVITY AND BLOOD SUGAR
LEVELS IN DIABETES MELLITUS PATIENTS**

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Diabetes Mellitus (DM) is a group of metabolic diseases characterized by hyperglycemia caused by insulin secretion. One factor that influences glucosa levels is lack of physical activity. The aimed to determine the relationship between physical activity and blood sugar levels in diabetes mellitus patients at the UPT Puskesmas Sooko Mojokerto. The design used correlational analytics. The population of this study included 40 respondents suffering from diabetes mellitus in accordance the inclusion criteria. The sample consisted of 34 respondents. The sampling technique used was consecutive sampling. The data collection instrument used the PAL (Physical Activity Level) questionnaire. Research showed that the average sufferer has light physical activity (23.5%), moderate activity (41.2%), heavy activity (35%), and results from low glucosa levels (5.9%), normal glucosa (23%), high glucosa (26.5%). And the results of the Spearman rho p-value statistical test of 0.000 obtained a significant value with a correlation of 0.576, meaning it has a strong relationship. The correlation coefficient shows that if blood glucose was high, physical activity will decrease (not a unidirectional relationship if one goes down and one goes up). Which means that there is a relationship between physical activity and blood sugar levels at the UPT Puskesmas Sooko Mojokerto. The better the physical activity you do, the more normal your blood sugar levels will be. Therefore, attention to physical activity is very important to improve blood sugar control and the well-being of diabetes sufferers.

Keywords: Aktivitas Fisik, Kadar Gula Darah, Diabetes Melitus

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