

ABSTRAK

PENGARUH SENAM PROLANIS TERHADAP KADAR GULA DARAH PADA PENDERITA DIABETES MELLITUS DI DESA BALONGMASIN KECAMATAN PUNGGING KABUPATEN MOJOKERTO

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Diabetes Mellitus merupakan penyakit gangguan metabolisme yang ditandai dengan meningkatnya glukosa darah. Salah satu cara untuk menangani GDA tinggi pada penderita diabetes mellitus secara nonfarmakologi antara lain dengan senam Prolanis. Penelitian ini bertujuan untuk mengetahui pengaruh senam Prolanis terhadap kadar gula darah pada penderita diabetes mellitus. Desain penelitian ini menggunakan *one group pretest-post test design*. Populasi dalam penelitian ini adalah seluruh penderita diabetes mellitus yang telah didiagnosa oleh tenaga kesehatan di Desa Balongmasin Kecamatan Pungging Kabupaten Mojokerto sejumlah 25 orang. Teknik sampling penelitian ini adalah total sampling sehingga sampel penelitian berjumlah 25 orang. Instrumen penelitian menggunakan SAP untuk menilai senam Prolanis dan glukometer digital untuk mengukur kadar gula darah acak. Hasil penelitian ini menunjukkan bahwa sebelum senam Prolanis sebagian besar tergolong Diabetes Mellitus (≥ 200 mg/dL), dan sesudah diberikan senam Prolanis di Desa Balongmasin Kecamatan Pungging Kabupaten Mojokerto sebagian besar tergolong belum pasti Diabetes Mellitus (90-199 mg/dL). Senam Prolanis terbukti efektif menurunkan kadar gula darah pada penderita diabetes mellitus di Desa Balongmasin Kecamatan Pungging Kabupaten Mojokerto. Selama melakukan latihan otot menjadi lebih aktif dan terjadi peningkatan permeabilitas membran dan lebih banyak reseptor insulin yang aktif dan terjadi pergeseran penggunaan energi oleh otot yang berasal dari sumber asam lemak ke penggunaan glukosa dan glikogen otot.

Kata Kunci: senam Prolanis, kadar gula darah acak, diabetes mellitus

ABSTRACT

EFFECT OF PROLANIS GYM ON BLOOD SUGAR LEVELS IN DIABETES MELLITUS PATIENTS IN BALONGMASIN VILLAGE, PUNGGING SUBDISTRICT, MOJOKERTO DISTRICT

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Diabetes Mellitus was a metabolic disorder that was characterized by increased blood glucose. One of non pharmacology way to handle the high of random blood sugar level in diabetes mellitus patients was by Prolanis exercise. This research aimed to determine the effect of Prolanis exercise on blood sugar levels in people with diabetes mellitus. The design of this research used one group pretest-posttest design. The populations in this research were all people with diabetes mellitus who had been diagnosed by health workers in Balongmasin Village, Pungging District, Mojokerto Regency, as many as 45 people. The sampling technique of this research was total sampling thus sample gotten were 25 people. The research instrument used SAP to assess Prolanis gymnastics and digital glucometers to measure random blood sugar levels. The results of this research indicate that before Prolanis gymnastics were mostly classified as Diabetes Mellitus (≥ 200 mg / dL), and after being given Prolanis exercise in Balongmasin Village, Pungging District, Mojokerto District, most of them were classified as uncertain Diabetes Mellitus (90-199 mg / dL). Prolanis exercise effective proved in decreasing blood sugar levels in people with diabetes mellitus in Balongmasin Village, Pungging District, Mojokerto Regency. During the exercise the muscles become more active and there was an increase in membrane permeability and more active insulin receptors and a shift in energy used by muscles that comes from fatty acid sources to the use of glucose and muscle glycogen.

Keywords: Prolanis exercise, random blood sugar levels, diabetes mellitus