

## Pengaruh senam kaki terhadap sensitivitas kaki dan kadar gula darah pada agregat lansia Diabetes Melitus di Magelang = The effect of legs exercise to feet sensitivity and blood sugar in elderly diabetes mellitus in Magelang

Sigit Priyanto, author

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Abstrak

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Penelitian bertujuan mengetahui pengaruh senam kaki terhadap sensitivitas kaki dan kadar gula darah pada aggregate lansia diabetes melitus di Magelang.

Penelitian eksperimen semu desain pre and post test group design with control group. Sampel secara aksidental atau convenience sampling, 125 responden (62 lansia kelompok intervensi dan 63 kelompok kontrol). Instrumen penilaian menggunakan skala sensitivitas dan nilai kadar gula darah. Senam kaki dilakukan 3 kali seminggu selama 4 minggu. Hasil penelitian kadar gula darah lebih baik pada lansia sesudah diberikan senam kaki (p value 0,000). Sensitivitas kaki lebih baik pada lansia sesudah diberikan latihan senam kaki (p value 0,000).

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**Abstract**

The study aimed to determine the effect of leg exercise on the feet sensitivity and blood sugar levels in elderly with diabetes melitus at Magelang. It applied quasiexperimental design with accidental sampling to 62 elderly in intervention group and 63 elderly in control group. Assessment instruments used the scale sensitivity of blood sugar levels. Leg exercises activities performed 3 times a week for 4 weeks. The results showed better blood sugar levels after a given leg exercises as well as leg sensitivity). A series of leg exercise is recommended to be done by community nurses to the elders.