

## Pengaruh jalan kaki continue dan interval terhadap kadar glukosa darah pasien DM tipe II RSUD Sanjiwani Gianyar = Effects of continue walking and interval walking on blood glucose levels in type II diabetic patients at RSUD Sanjiwani Gianyar

Desak Made Widyantari, author

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### Abstrak

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Salah satu penatalaksanaan Diabetes Melitus (DM) tipe II adalah melakukan latihan fisik jalan kaki karena latihan dapat meningkatkan sensitivitas insulin dan menurunkan resistensi insulin. Di Indonesia belum ada penelitian mengenai pengaruh jalan kaki continue dan interval untuk menurunkan glukosa darah pasien DM Tipe II. Penelitian ini bertujuan untuk mengetahui pengaruh jalan kaki continue dan interval terhadap glukosa darah pasien DM tipe II. Desain penelitian ini quasy eksperimen pre post test non equivalent control group, dengan jumlah sampel 39 orang, terbagi 13 orang pada tiga kelompok. Hasil penelitian dengan uji paired t test didapatkan perbedaan yang signifikan antara kadar glukosa sebelum dan setelah intervensi pada kelompok jalan kaki continue dan interval ( $p = 0,0005$ ), tidak terdapat perbedaan signifikan pada kelompok kontrol. Analisis menggunakan uji Anova didapatkan perbedaan kadar glukosa darah setelah intervensi antar kelompok. Terdapat perbedaan selisih kadar glukosa darah sebelum dan setelah intervensi antar kelompok. Penelitian ini membuktikan bahwa jalan kaki continue dan interval mampu menurunkan kadar glukosa darah pada pasien DM tipe II, namun penurunan glukosa darah yang lebih signifikan terjadi pada kelompok jalan kaki continue.

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#### <b>ABSTRACT</b><br>

Walking exercise becomes one of treatments on type II diabetes mellitus management, since it improves insulin sensitivity and decrease insulin resistance. There are no studies in Indonesia investigate the effects of continue and interval walking exercise on lowering blood glucose level in type II DM patients. This study aimed to determine the effect of continue and interval walking on glucose level in type II diabetic patients. This study design was quasy experiment pre post test non-equivalent control group with 39 persons , divided into 13 persons in three groups. The result showed that there were significant differences between glucose levels before and after the intervention in continue and intervals groups ( $p = 0.0005$ ), but there was no significant difference in control group. Analysis using ANOVA test revealed difference in blood glucose levels between groups after intervention, thus there was difference in mean difference blood glucose levels before and after the intervention between groups. Both exercise protocols resulted

in a decline blood glucose levels, however the decline was greater with continuous walking compare with interval walking.