Pengaruh latihan rentang gerak sendi aktif terhadap kadar glukosa darah sewaktu penyandang diabetes melitus tipe 2 = Effect active range of motion exercise on the blood glucose level of patients with type 2 diabetes mellitus

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Abstrak

Diabetes melitus tipe 2 merupakan kelainan metabolik yang terjadi karena penurunan sensitifitas insulin. Latihan fisik mempunyai peranan penting dalam manajemen diabetes melitus tipe 2 dan menurunkan kadar glukosa darah. Penelitian ini bertujuan untuk mengetahui pengaruh latihan rentang gerak sendi aktif terhadap kadar glukosa darah penyandang diabetes melitus tipe 2. Penelitian ini merupakan penelitian eksperimen yang menggunakan desain one group pretest-posttest dengan jumlah sampel 37 orang yang diambil dengan teknik consecutive sampling pada ruang perawatan penyakit dalam RSUD Pasar Minggu. Responden diberikan intervensi latihan rentang gerak sendi aktif selama 30 menit yang dilakukan 2 jam setelah makan yang diperkirakan antara jam 09.00-10.00 WIB. Pemeriksaan kadar glukosa darah sewaktu responden dilakukan sebelum dan segera setelah latihan rentang gerak sendi aktif. Hasil penelitian menunjukkan bahwa terdapat pengaruh latihan rentang gerak sendi aktif yang signifikan terhadap kadar glukosa darah sewaktu penyandang diabetes melitus tipe 2 antara sebelum dan setelah latihan (p=0,000; 0,05). Namun, disarankan untuk mengevaluasi pengaruh latihan ini dengan meningkatkan frekuensi latihan dan mempertimbangkan jenis pengobatan diabetes responden.

.....Type 2 diabetes mellitus is a metabolic disorder that occurs due to decreased insulin sensitivity. Physical exercise plays an important role in management of type 2 diabetes mellitus and a decreases blood glucose levels. The aim of this study was to determine the effect of active range of motion exercises on the blood glucose levels in patients with type 2 diabetes mellitus. This research is an experimental study used the one group pretest-posttest design. Thirty seven respondents were selected using consecutive sampling technique in general ward in Pasar Minggu Hospital. Respondents were given 30-minute active range of motion exercise which were carried out 2 hours after meals which were estimated between 09.00-10.00 WIB. Blood glucose level was measured before and immediately after active range of motion exercise. The results showed that active range of motion exercises had a significant effect in reducing blood glucose levels of patients with type 2 diabetes mellitus between before and after exercise (p = 0,000; 0,05). However, it is recommended to evaluate the effect of this exercise by increasing the frequency of exercise and considering the type of diabetes treatment respondents.