

[Perbandingan Performa Uji Jalan 400 Meter pada Pasien Diabetes Melitus Tipe 2 dan Individu Sehat = Comparison of 400-Meter Road Test Performance in Type 2 Diabetes Mellitus Patients and Healthy Individuals,]

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Abstrak

[TUJUAN: Tujuan penelitian ini adalah membandingkan performa uji jalan 400 meter pada wanita antara penyandang diabetes melitus (DM) tipe 2 dan individu sehat, dengan membandingkan kecepatan berjalan dan prediksi ambilan oksigen maksimal (VO₂max). METODE: Subyek penelitian adalah wanita dengan DM tipe 2 dan individu sehat, yang dipasangkan berdasarkan kelompok umur. Dilakukan pemeriksaan awal berupa indeks massa tubuh, glukosa sewaktu, ankle-brachial index, tekanan darah, dan nadi pra uji latih. Sebelum diberikan uji jalan 400 meter, subyek melakukan pemanasan pada jalur 20 meter selama 2 menit. Selama pemanasan dan uji latih, nadi diukur tiap 30 detik. Tekanan darah sistolik diukur setelah pemanasan dan dalam 60 detik setelah uji latih. Uji jalan 400 meter dilakukan 2 kali pada hari yang berbeda.

.....OBJECTIVE: The purpose of this study was to compare the performa of the 400-meter walk test in women between people with type 2 diabetes mellitus (DM) and healthy individuals, by comparing walking speed and predicted maximum oxygen uptake (VO₂max). METHOD: Study subjects were women with type 2 DM and healthy individuals, who were paired by age group. Initial examinations were carried out in the form of body mass index, glucose at any time, ankle-brachial index, blood pressure, and pulse before the training test. Before being given a 400-meter road test, the subjects warmed up on a 20-meter track for 2 minutes. During warm-ups and training tests, the pulse is measured every 30 seconds. Systolic blood pressure is measured after warm-up and within 60 seconds of the training test. Test the 400-meter walk is carried out 2 times on different days.,]