

Universitas Ngudi Waluyo
Program Studi S1 Keperawatan
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PENGARUH SENAM KAKI TERHADAP KUALITAS HIDUP PADA PENDERITA DIABATES MELITUS TIPE 2 DI PUSKESMAS TUNTANG

ABSTRAK

Latar belakang : Diabetes melitus tipe 2 merupakan penyakit kronis yang dapat menimbulkan berbagai komplikasi seperti neuropati dan gangguan sirkulasi perifer, yang berdampak pada keterbatasan aktivitas, ketidaknyamanan fisik, serta gangguan psikologis sehingga menurunkan kualitas hidup penderita. Salah satu upaya non-farmakologis yang dapat dilakukan untuk mencegah komplikasi tersebut adalah senam kaki, yang berfungsi meningkatkan sirkulasi darah perifer, memperkuat otot kaki, serta membantu mempertahankan fungsi fisik penderita.

Tujuan : Untuk mengetahui pengaruh senam kaki terhadap kualitas hidup pada penderita diabetes melitus tipe 2 di puskesmas tuntang.

Metode : Desain penelitian menggunakan *quasi-eksperimental* dengan pretest-posttest kontrol group design. Populasi penelitian ini penderita diabetes mellitus di puskesmas tuntang , berjumlah 129 orang usia 40 - 70 tahun. Sampel di pilih secara *purposive sampling* dengan total 38 responden yang memenuhi kriteria inklusi, kemudian di bagi menjadi kelompok kontrol dan intervensi. Instrumen penelitian yang dipakai yakni kuesioner WHOQOL-BREF (*World Health Organization Quality of Life - BREF*). Analisa data menggunakan *independent t-test*.

Hasil : Hasil Analisa Independent t-test menunjukkan rerata kualitas hidup setelah di berikan senam kaki pada kelompok intervensi (56,894), sedangkan kualitas hidup kelompok kontrol tanpa di berikan senam kaki (42,736), nilai p value = 0,000 ($< 0,05$).

Kesimpulan : Terdapat pengaruh senam kaki terhadap kualitas hidup penderita Diabetes Melitus tipe 2 di Puskesmas Tuntang.

Saran : Senam kaki disarankan untuk diterapkan sebagai intervensi rutin di Puskesmas Tuntang (misalnya melalui Prolanis) dan dianjurkan kepada penderita DM tipe 2 agar dilakukan secara mandiri dan teratur di rumah guna meningkatkan kualitas hidup.

Kata kunci : Diabetes Melitus tipe 2, senam kaki, kualitas hidup.

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THE EFFECT OF FOOT EXERCISES ON THE QUALITY OF LIFE OF TYPE 2 DIABETES MELLITUS PATIENTS AT TUNTANG PUBLIC HEALTH CENTER

ABSTRACT

Background: Type 2 diabetes mellitus is a chronic disease that can lead to various complications such as neuropathy and peripheral circulation disorders, which may result in physical limitations, discomfort, and psychological problems, thereby decreasing patients' quality of life. One non-pharmacological intervention that can help prevent these complications is foot exercise, which functions to improve peripheral blood circulation, strengthen foot muscles, and maintain patients' physical function.

Objective: To determine the effect of foot exercise on the quality of life in type 2 diabetes mellitus sufferers at the Tuntang Community Health Center.

Methods: The research design used a quasi-experimental with a pretest-posttest control group design. The population of this study was 129 people with diabetes mellitus at the Tuntang Community Health Center, aged 40-70 years. The sample was selected by purposive sampling with a total of 38 respondents who met the inclusion criteria, then divided into control and intervention groups. The research instrument used was the WHOQOL-BREF (World Health Organization Quality of Life - BREF) questionnaire. Data analysis used an independent t-test.

Results: The results of the Independent t-test analysis showed that the average quality of life after being given foot exercises in the intervention group was (56.894), while the quality of life of the control group without being given foot exercises was (42.736), p value = 0.000 (<0.05).

Conclusion: There is an effect of foot exercise on the quality of life of type 2 Diabetes Mellitus sufferers at the Tuntang Community Health Center.

Suggestion : Foot exercises are recommended to be implemented as a routine intervention at the Tuntang Community Health Center (for example through Prolanis) and are recommended for type 2 DM sufferers to be carried out independently and regularly at home to improve quality of life.

Keywords: Type 2 diabetes mellitus, foot exercise, quality of life.