

ABSTRAK

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Pengaruh Senam Kaki Diabetik terhadap Sensitivitas Kaki Pasien Diabetes Mellitus Tipe 2 di Desa Jatinegara Kecamatan Jatinegara Kabupaten Tegal
Xiii + 96 Hal + 7 Tabel + 3 Gambar + 8 Lampiran

Latar Belakang : Diabetes Mellitus tipe 2 adalah penyakit kronis yang berpotensi menimbulkan komplikasi seperti neuropati diabetik, yang menyebabkan penurunan sensitivitas kaki. Salah satu metode non-farmakologis untuk mencegah komplikasi ini adalah senam kaki diabetik, yang bertujuan meningkatkan sirkulasi darah dan merangsang fungsi saraf. Sayangnya, banyak pasien belum mengetahui manfaatnya. Tujuan : menganalisis pengaruh senam kaki diabetik terhadap sensitivitas kaki pada pasien Diabetes Mellitus tipe 2 di Desa Jatinegara, Kabupaten Tegal.

Metode : Penelitian menggunakan desain kuasi eksperimen dengan pendekatan one-group pretest-posttest. Sampel sebanyak 34 pasien dipilih menggunakan teknik consecutive sampling. Intervensi berupa senam kaki diabetik dilakukan 3 kali seminggu selama 15–30 menit. Sensitivitas kaki diukur sebelum dan sesudah intervensi menggunakan monofilamen. Analisis menggunakan uji Wilcoxon Signed Rank Test.

Hasil : Terdapat peningkatan sensitivitas kaki yang signifikan setelah intervensi dengan nilai $p = 0,000$ ($p < 0,05$).

Kesimpulan : Senam kaki diabetik efektif meningkatkan sensitivitas kaki pada pasien Diabetes Mellitus tipe 2 dan dapat direkomendasikan sebagai terapi non-farmakologis untuk mencegah neuropati diabetik.

Kata Kunci: Diabetes Mellitus Tipe 2, Senam Kaki Diabetik, Sensitivitas Kaki, Neuropati Diabetik

Daftar Pustaka: 21 (2017–2023)

ABSTRACT

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The Effect of Diabetic Foot Exercise on Foot Sensitivity in Patients with Type 2 Diabetes Mellitus in Jatinegara Village, Jatinegara District, Tegal Regency

Xiii + 96 Pages + 7 Tables + 3 Figures + 8 Appendices

Background: Type 2 diabetes mellitus is a chronic disease that can potentially lead to complications such as diabetic neuropathy, which leads to decreased foot sensitivity. One non-pharmacological method to prevent this complication is diabetic foot exercises, which aim to improve blood circulation and stimulate nerve function. Unfortunately, many patients are unaware of their benefits. **Objective:** To analyze the effect of diabetic foot exercises on foot sensitivity in patients with type 2 diabetes mellitus in Jatinegara Village, Tegal Regency.

Methods: The study used a quasi-experimental design with a one-group pretest-posttest approach. A sample of 34 patients was selected using consecutive sampling. The intervention, which consisted of diabetic foot exercises, was performed three times a week for 15–30 minutes. Foot sensitivity was measured before and after the intervention using monofilament. Analysis used the Wilcoxon Signed Rank Test.

Results: There was a significant increase in foot sensitivity after the intervention with a p-value of 0.000 ($p < 0.05$).

Conclusion: Diabetic foot exercises effectively improve foot sensitivity in patients with type 2 diabetes mellitus and can be recommended as a non-pharmacological therapy to prevent diabetic neuropathy.

Keywords: Type 2 diabetes mellitus, diabetic foot exercises, foot sensitivity, diabetic neuropathy

References: 21 (2017–2023)

