ABSTRAK

**Pengaruh Terapi Pendamping Aktivitas Fisik *Home-Based Walking Exercise*
selama 45 Menit terhadap Kadar Glukosa Darah Acak pada Pasien
Diabetes Melitus Tipe 2**

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Latar Belakang : Diabetes melitus tipe 2 sering disebut dengan *mother of all disease* yang dapat berakibat komplikasi. Resiko komplikasi meningkat pada usia diatas 40 tahun sehingga diperlukan aktivitas fisik yang memperlancar aliran darah dan meningkatkan efektivitas penggunaan insulin dalam tubuh. Tujuan dari penelitian ini mengetahui pengaruh terapi pendamping aktivitas fisik *home-based walking exercise* selama 45 menit terhadap kadar glukosa darah acak pada pasien diabetes melitus tipe 2.
Metode : Desain penelitian ini menggunakan *quasi eksperimen one group pretest-posttest*. Teknik pengambilan sampel menggunakan teknik *non-probability sampling:purposive sampling*. Sampel penelitian ini sebanyak 19 pasien diabetes melitus tipe 2 di Puskesmas Lidah Kulon. Pengumpulan data menggunakan lembar oberservasi hasil pemeriksaan klinik glukosa darah acak. Analisa data uji statistik menggunakan *wilcoxon signed rank test* dengan $\alpha < 0,05$.
Hasil : Hasil penelitian menunjukan rata-rata kadar glukosa darah acak sebelum implementasi sebesar 247,9474 dan setelah implementasi sebesar 196,8947. Hasil uji statistik yang didapatkan *p value* $0,00 < 0,05$ yang artinya H1 diterima.
Kesimpulan : Hasil penelitian menunjukan bahwa terapi pendamping aktivitas fisik *home-based walking exercise* selama 45 menit berpengaruh terhadap penurunan kadar glukosa darah acak pada pasien diabetes melitus tipe 2.

Kata Kunci **:** Glukosa Darah Acak, Diabetes Melitus Tipe 2, *Home-Based Walking Exercise*

ABSTRACT

The Effect of Complementary Physical Activity Therapy Home-Based Walking Exercise for 45 Minutes on Random Blood Glucose Levels in Type 2 Diabetes Mellitus Patients

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Introduction : Type 2 diabetes mellitus is often called the mother of all diseases which can result in complications. The risk of complications increases over the age of 40 years, so physical activity is needed to improve blood flow and increase the effectiveness of insulin use in the body. The aim of this study was to determine the effect of home-based walking exercise companion physical activity therapy for 45 minutes on random blood glucose levels in patients with type 2 diabetes mellitus.

Method : This research design uses a quasi-experimental one group pretest-posttest. The sampling technique uses a non-probability sampling technique:purposive sampling. The sample for this study was 19 patients with type 2 diabetes mellitus at the Puskesmas Lidah Kulon. Data were collected using an observation sheet on the results of random blood glucose clinic examinations. Statistical test data analysis used the wilcoxon signed rank test with $\alpha < 0,05$.

Result : The results of the study showed that the average random blood glucose level before implementation was 247,9474 and after implementation it was 196,8947. The statistical test results obtained p value $0,00 < 0,05$, which means H1 is accepted.

Discussion : The results of the study show that home-based walking exercise companion physical activity therapy for 45 minutes has an effect on reducing random blood glucose levels in patients with type 2 diabetes mellitus.

Keyword   : Random Blood Glucose, Type 2 Diabetes Mellitus, Home-Based Walking Exercise