

Maulana, Moh Irkham. (2015). Pengaruh Senam Kaki Terhadap Status Vaskularisasi Diabetisi di Wilayah Kerja Puskesmas Kasihan 1 Bantul Yogyakarta

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INTISARI

Jumlah penderita Diabetes Mellitus (DM) semakin bertambah. Pada tahun 2012, lebih dari 371 juta orang di seluruh dunia mengalami DM, akibat penyakit metabolik ini 4,8 juta orang meninggal. Dinas Kesehatan Kabupaten Bantul juga melaporkan jumlah penderita DM tipe 2 di puskesmas seluruh Kabupaten Bantul sebanyak 5.558 orang (Dinkes Bantul, 2014). Survey pendahuluan di Puskesmas Kasihan 1 Bantul tercatat penderita DM dari tahun ke tahun adalah orang yang sama dan telah lama menderita DM.

Penelitian ini menggunakan metode *Quasy experimental with pre-post test control group design*. Responden pada penelitian ini berjumlah 30 orang dengan 28 perempuan dan 2 laki-laki, responden terbagi menjadi kelompok eksperimen dan kontrol, masing-masing berjumlah kelompok *eksperimen* 30 responden dan kelompok *kontrol* 30 responden. Instrument penelitian dengan skor ABI (*ankle Brachial Index*), analisis data menggunakan uji *t-test*, *Wilcoxon test* dan *Mann-whitney test*.

Hasil penelitian menunjukkan bahwa tingkat status vaskularisasi diabetisi di wilayah puskesmas kasihan 1 bantul terdapat perbedaan antara kelompok intervensi dan kelompok kontrol sebelum dan sesudah di berikan intervensi dapatkan $p= 0,037$ ($p>0,05$) . Dapat di simpulkan bahwa tidak terdapat pengaruh yang signifikan dari senam kaki terhadap status vaskularisasi diabetisi di Wilayah Kerja Puskesmas Kasihan 1 Bantul.

Kata kunci : ankle brachial index, senam kaki diabetec, diabetes mellitus.

Maulana, Moh Irkham. (2015).The Foot Exercise Increase Vascularization Status Patient Diabetes Mellitus (dm) in The PHC Region 1 Kasihan Bantul Yogyakarta

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ABSTRACT

Number of patients with Diabetes Mellitus (DM) is increasing. In 2012, more than 371 million people worldwide suffered diabetes, this metabolic disease 4.8 million people died (International Diabetes Federation). Bantul District Health Department also reported the number of patients with type 2 diabetes mellitus in health centers Bantul as many as 5,558 people (Bantul Health Office, 2014). Preliminary survey in health centers Kasihan 1 Bantul record DM patients from year to year are the same person and have long suffered from diabetes.

This research used experimental Quasy with pre-posttest control group design. Respondents in this study were 30 to 28 women and 2 men, respondents were divided into experimental and control groups, respectively amounted to an experimental group and a control group of 30 respondents 30 respondents. Research instrument with a score of ABI (Ankle Brachial Index), analysis of data using t-test, Wilcoxon test and Mann-Whitney test.

The results showed that the level of vascularization status of people with diabetes in the region of 1 bantul pity health center there is a difference between the intervention and control groups before and after the given intervention get $p = 0.037$ ($p > 0.05$). It can be concluded that there is no significant influence of foot exercise diabetes vascularization status in healt center Kasihan 1 Bantul.

Key word : ankle brachial index, foot exercise diabetec, diabetes mellitus.