

Pengaruh Edukasi Senam Kaki Diabetes Mellitus Berbahasa Tetun Terhadap Sirkulasi Ekstremitas Bawah Dan Kadar Gula Darah Sewaktu Di *Centru Saude Comoro*, Dili, Timor Leste.

Carmelita Barros¹, Fitri Arofiati²

¹ Mahasiswa Magister Keperawatan Universitas Muhammadiyah Yogyakarta

² Program Studi Magister Keperawatan, Universitas Muhammadiyah Yogyakarta
e-mail: carmelita_barros@yahoo.com

Abstrak

Latar Belakang Diabetes mellitus (DM) di negara Indonesia lebih dikenal dengan istilah kencing manis dan di negara Timor Leste DM dikenal dengan istilah *Ra'an Midar* telah menjadi masalah kesehatan yang sangat serius, dan penyakit endokrin yang paling banyak dijumpai. Data Dinas Kesehatan Dili tahun 2018 terdapat 2690 penderita diabetes mellitus sehingga diperlukan latihan senam kaki diabetik.

Tujuan penelitian untuk Mengetahui Pengaruh Edukasi Senam Kaki Diabetes Melitus Berbahasa Tetun Terhadap Sirkulasi Ekstermitas Bawah dan Kadar Gula Darah Sewaktu Di *Centru Saude Comoro*, Dili, Timor Leste.

Metode penelitian : menggunakan metode *Pra-Eksperiment*. Variabel *independen*: Edukasi Senam Kaki Diabetes Melitus Berbahasa Tetun, variabel *dependen*: Sirkulasi Ekstermitas Bawah dan Kadar Gula Darah Sewaktu. Populasi 100 orang, sampel 28 orang, teknik sampel: *random simple*, pengumpulan data: Pemeriksaan kadar gula darah, sirkulasi darah, uji statistik: *Wilcoxon Test*.

Hasil penelitian : Responden sebagian besar yang sirkulasi darahnya baik pre-test 15 orang (53,6%) dan post test 18 orang (64,3%). Dan responden sebagian besar yang kadar gula darahnya baik pre-test 14 orang (50,0%) dan post test 20 orang (71,4%). Berdasarkan hasil uji statistik menggunakan uji *Wilcoxon Signed Rank Test* adalah nilai sirkulasi darah tingkat signifikan 0,005 dan kadar gula darah sewaktu tingkat signifikan 0,000.

Kesimpulan : ada Pengaruh Edukasi Senam Kaki Diabetes Melitus Berbahasa Tetun Terhadap Sirkulasi Ekstermitas Bawah dan Kadar Gula Darah Sewaktu Di *Centru Saude Comoro*, Dili, Timor Leste.

Kata kunci : Senam kaki, sirkulasi darah ekstremitas bawah, kadar gula darah sewaktu, Diabetes Mellitus

***The Effect of Education on Tetun Language Diabetes Foot Gymnastics
on Circulation of Lower Extremities and Blood Sugar Levels At
the Comoro Health Center, Dili, Timor Leste***

Carmelita Barros¹ Fitri Arofiati²

¹Master of Nursing Lecture in Muhammadiyah University of Yogyakarta

*²Master of Nursing Lecture in Muhammadiyah University Of Yogyakarta Program
e-mail: carmelita_barros@yahoo.com*

Abstract

Introduction: *Diabetes mellitus (DM) in Indonesia is better known as diabetes and in Timor Leste DM known as Ra'an Midar has become a very serious health problem, and is the most common endocrine disease. Data from the Dili Health Service in 2018 showed that there were 2690 people with diabetes mellitus, so that diabetic foot gymnastic training was needed. The purpose of this study was to determine the effect of Tetun Language Diabetes Foot Gymnastic Education on Lower Circulation and Lower Blood Sugar Levels at the Saude Comoro Center, Dili, Timor Leste.*

Objective : *To Determine the Effects of Education on Tetun Language Diabetes Foot Gymnastics on Lower Extremity Circulation and Blood Sugar Levels At the Saude Comoro Center, Dili, Timor Leste.*

Method : *using the Pra-Experiment method. Independent variable: Education of Tetun Language Diabetes Foot Gymnastics Education, dependent variable: Circulation of Lower Extremity and Blood Sugar Level at a Time. Population of 100 people, sample 28 people, sample technique: random simple, data collection: Examination of blood sugar levels, blood circulation, statistical tests: Wilcoxon Test.*

Results : Most respondents who had good blood circulation were 15 pre-test (53.6%) and 18 post-test (64.3%). And the majority of respondents whose blood sugar levels were good were 14 people pre-test (50.0%) and 20 people post test (71.4%). Based on the results of statistical tests using the Wilcoxon Signed Rank Test, the value of blood circulation is a significant level of 0.005 and the blood sugar level is at a significant level of 0,000.

Conclusion : Conclusion there is the influence of Education on Tetun Language Diabetes Foot Gymnastics on Lower Extracurricular Circulation and Blood Sugar Levels At the Saude Comoro Center, Dili, Timor Leste.

Keywords: Leg exercise, lower extremity blood circulation, blood sugar levels when, Diabetes Melitus