

ABSTRAK

Angka kejadian Diabetes melitus di Indonesia meningkat setiap tahunnya, Kadar gula darah tinggi akan menyebabkan peningkatan *aldose reductase* dan *sorbitol dehydrogenase* sehingga mempengaruhi konduksi saraf dan terjadi *Neuropathy*, maka diperlukan suatu pencegahan yang salah satunya dengan melakukan *diabetic foot gymnastic*/ senam kaki secara rutin. Tujuan: Mengetahui pengaruh *diabetic foot gymnastic* terhadap kadar gula darah pada penderita diabetes melitus melalui *literature review*. Jenis Penelitian: Metode *Literature Reviews* dengan menggunakan desain *Systematic*. Populasi: 259 Jurnal yang didapatkan melalui situs pencarian *google scholar* dan portal garuda, jumlah sampel 5 jurnal dengan rekomendasi kuat (*Grade A*) yang dilakukan screening dengan menggunakan *Joanna Brigs Institute (JBI) Critical Appraisal Checklist for Quasi-Experimental* dan didapatkan 5 jurnal termasuk kategori *Grade A* (Rekomendasi Kuat). Hasil Penelitian: Berdasarkan hasil analisis 5 jurnal didapatkan rata-rata nilai kadar gula darah sebelum dilakukan *diabetic foot gymnastics* memiliki kadar gula darah tinggi (*Hyperglukemik*) dan mengalami penurunan setelah dilakukan intervensi tersebut. Analisa dan diskusi: *Literature Review* menunjukkan bahwa terdapat pengaruh *diabetic foot gymnastic* yang signifikan terhadap kadar gula darah pada penderita diabetes melitus dengan melakukan *diabetic foot gymnastic* secara rutin sebanyak 3 kali dalam seminggu selama 4 minggu serta memperhatikan pola makan (*diet*), pengendalian stress, dan konsumsi obat secara rutin. Simpulan dan Saran: Intervensi *diabetic foot gymnastic* dapat menurunkan kadar gula darah, sehingga dapat dijadikan bahan referensi untuk penelitian keperawatan selanjutnya serta melakukan penelitian langsung pada penderita diabetes melitus.

Kata Kunci : Diabetes Melitus, Kadar Gula Darah, Senam Kaki Diabetes

Referensi : 18 Buku (2010-2018)

13 Jurnal (2015-2020)

12 Website (2009-2018)

ABSTRACT

The incidence of Diabetes mellitus in Indonesia increases every year, High blood sugar levels will cause an increase in aldose reductase and sorbitol dehydrogenase so that it affects nerve conduction and neuropathy occurs, so prevention is needed, one of which is by doing diabetic foot gymnastic/ leg exercises regularly. Objective: To determine the effect of diabetic foot gymnastic on blood sugar levels in people with diabetes mellitus through a literature review. Type of research: Literature Reviews method using a Systematic design. Population: 259 journals obtained through the google scholar search site and Garuda portal, the number of samples of 5 journals with strong recommendations (Grade A) were screened using the Joanna Briggs Institute (JBI) Critical Appraisal Checklist for Quasi-Experimental and obtained 5 journals including categories Grade A (Strong Recommendation). Results: Based on the results of the analysis of 5 journals, it was found that the average value of blood sugar levels before doing diabetic foot gymnastics had high blood sugar levels (hyperglycemic) and decreased after the intervention was carried out. Analysis and discussion: Literature Review shows that there is a significant effect of diabetic foot gymnastic on blood sugar levels in diabetes mellitus sufferers by doing regular diabetic foot gymnastic 3 times a week for 4 weeks and paying attention to diet, stress control, and consume drugs regularly. Conclusions and Suggestions: Diabetic foot gymnastic intervention can reduce blood sugar levels, so that it can be used as reference material for further nursing research and conduct direct research on people with diabetes mellitus.

Keywords : ***Diabetes Melitus, Blood Sugar Levels, Diabetes foot exercises***

References : ***18 Books (2010-2018)***

13 Journals (2015-2020)

12 Website (2009-2018)