

## ABSTRAK

Diabetes ialah penyakit yang ditandai adanya peningkatan kadar gula di dalam darah. Terjadinya peningkatan kadar gula darah karena salah satu faktor yaitu aktivitas fisik. Senam yoga termasuk salah satu aktivitas fisik yang dapat memperbaiki dan mempertahankan kontrol glikemik sehingga mencegah dan menunda terjadinya komplikasi. Tujuan: mengetahui pengaruh senam yoga terhadap kadar gula darah pada klien DM tipe II. Jenis Penelitian: *Literature Reviews* dengan pendekatan *Systematic review*. Analisis jurnal dengan *Critical appraisal*. Instrumen dan uji kelayakan menggunakan *Joanna Briggs Institute Checklist for Quasi-Experimental Studies (non-randomized experimental studies)*. Pencarian *Database* Google scholar. Jumlah sampel dalam penelitian ini adalah 3 jurnal nasional dan 2 jurnal internasional dengan *Grade A*. Hasil Penelitian: memiliki nilai terbaik dengan *Grade A* karena intervensi yang diberikan mempunyai efek jelas, memiliki manfaat dan sesuai dengan keyakinan yang dianut sampel. Analisa dan diskusi: Hasil *Literature Review* menunjukkan bahwa terdapat pengaruh senam yoga terhadap kadar gula darah pada penderita DM dengan melakukan senam yoga diberikan dalam durasi 60 menit sebanyak 3 kali seminggu. Pada DM tipe 2 adanya gangguan reseptor pada insulin sehingga tidak dapat transfer glukosa ke sel, sedangkan saat melakukan senam yoga terjadi peningkatan aliran darah ke otot yang merangsang fungsi pankreas dan peningkatan sekresi reseptor pada insulin yang dapat menurunkan kadar gula darah. Hal ini terjadi setiap kali melakukan senam yoga dan tidak memberikan efek lama dan jangka waktu yang panjang. Maka diharapkan bagi peneliti selanjutnya, senam yoga dapat dijadikan referensi untuk penelitian keperawatan dan melakukan penelitian langsung yang harus dilakukan dengan durasi 60 menit sebanyak 3x seminggu secara teratur agar memberikan hasil yang maksimal.

Kata Kunci : Senam yoga, Kadar Gula Darah , Diabetes melitus  
Referensi : 33 Buku (2010-2019)  
18 Jurnal (2010-2020)  
11 Website (2010-2019)

## **ABSTRACT**

*Diabetes a disease that comes from increased levels of sugar in the blood. Increased increase in blood sugar levels due to one factor, namely physical activity. Yoga exercise is a physical activity that can improve and maintain glycemic control so as to prevent and report complications. Objective: to see the effect of yoga exercises on blood sugar levels in type II DM clients. Type of research: Literature review with a systematic review approach. Journal analysis with critical appraisal. The instrument and the feasibility test used the Joanna Briggs Institute Checklist for Quasi-Experimental Studies (non-randomized experimental study). Google scholar Database Search. The number of samples in this study were 3 national journals and 2 international journals with Grade A. Results: had the best score with Grade A because the intervention had clear effects, had benefits and was in accordance with the beliefs of the sample. Analysis and discussion: The results of the Literature Review show that there is an effect of yoga exercises on blood sugar levels in DM sufferers by doing yoga exercises that are given in a duration of 60 minutes 3 times a week. In type 2 diabetes mellitus, there is a disruption of the receptors on insulin so that it cannot transfer glucose, whereas during yoga exercise there is an increase in blood flow which stimulates pancreatic function and an increase in the secretion of insulin receptors which can reduce blood sugar levels. This happens every time you do yoga exercises and does not have a long effect and a long period of time. So it is hoped that for the next researchers, yoga exercises can be used as a reference for nursing research and direct research that must be carried out with a duration of 60 minutes as much as 3 times regularly in order to provide maximum results. Keywords: Yoga exercise, Blood Sugar Levels, Diabetes mellitus*

*Reference: 33 Books (2010-2019)*  
*18 Journals (2010-2020)*  
*11 Website (2010-2019)*