

ABSTRAK

Diabetes mellitus merupakan penyakit kronik yang dialami jutaan orang di dunia, diakibatkan oleh pola hidup tidak sehat. Ditandai adanya peningkatan kadar glukosa darah. Pengendalian gula darah DM sangat penting untuk mencegah komplikasi seperti jantung coroner, stroke. Penatalaksanaan DM ada lima salah satunya yaitu *exercise* dengan cara *brisk walking excersice*, yang menjadi salah satu pilihan karena olahraga ringan, tanpa resiko berlebih, mudah dilakukan, dan waktu pelaksanaan tidak lama tetapi efeknya sangat besar dalam menurunkan kadar gula darah. Tujuan penelitian untuk mengetahui pengaruh *brisk walking exercise* terhadap kadar gula darah pasien diabetes mellitus tipe 2.

Penelitian berupa *literature review*, data diperoleh dari google scholar dan Pubmed. Populasi sebanyak 70 jurnal, sampel sebanyak 8 jurnal, berdasarkan kriteria inklusi dan eksklusi juga penilaian JBI *Quasi Experimental Studies*. Pencarian literature dengan Boolean menggunakan *keyword* : *brisk walking exercise, the effect of walking, walking for exercise, fast walking, blood glucose level, blood suga, diabetes mellitus, type II diabetes*, jalan cepat, kadar gula darah, diabetes mellitus tipe 2. Penyajian data berupa Prisma Flow.

Berdasarkan 8 jurnal diperoleh hasil adanya pengaruh penurunan kadar gula darah pada pasien diabetes mellitus tipe 2 sebelum dan sesudah pemberian *brisk walking exercise*, yang dilakukan lebih dari 1 minggu dengan durasi 30-45 menit setiap hari. *Brisk walking exercise* dapat memfasilitasi kontrol glikemi dengan merangsang aktifitas insulin dan jumlah transporter utama glukosa dimembran plasma menyebabkan peningkatan sensitifitas insulin, meningkatkan sintesis.

Diharapkan hasil literature review ini dapat menjadikan *brisk walking exercise* sebagai salah satu cara yang dilakukan oleh perawat dalam pemberian asuhan keperawatan pada pasien DM terhadap penurunan kadar gula darah.

Kata Kunci : *Brisk walking exercise*, Diabetes Mellitus tipe 2, Kadar gula darah
Kepustakaan : 10 buku (2014-2019)
11 jurnal (2015-2021)
3 website (2018-2019)

ABSTRACT

Diabetes mellitus is a chronic disease experienced by millions of people in the world, caused by unhealthy lifestyles. Characterized by an increase in blood glucose levels. Dm blood sugar control is essential to prevent complications such as heart coroner, stroke. Dm management there are five of them is exercise by means of brisk walking excersice, which becomes one of the options because exercise is light, without the risk of excess, easy to do, and the implementation time is not long but the effect is very large in lowering blood sugar levels. The purpose of the study to determine the influence of brisk walking exercise on blood sugar levels of patients with diabetes mellitus type 2.

Research in the form of literature review, data obtained from google scholar and Pubmed. Population of 70 journals, sampled as many as 8 journals, based on inclusion and exclusion criteria as well as assessment of JBI Quasi Experimental Studies. Literature search with Boolean using keywords: brisk walking exercise, the effect of walking, walking for exercise, fast walking, blood glucose level, blood suga, diabetes mellitus, type II diabetes, brisk walking, blood sugar levels, diabetes mellitus type 2. Presentation of data in the form of Prisma Flow.

Based on 8 journals obtained the results of the influence of decreased blood sugar levels in patients with type 2 diabetes mellitus before and after brisk walking exercise, which is done more than 1 week with a duration of 30-45 minutes every day. Brisk walking exercise can facilitate glycemic control by stimulating insulin activity and the number of main transporters of plasma-edged glucose leads to increased insulin sensitivity, increasing synthesis.

It is expected that the results of this literature review can make brisk walking exercise as one of the ways that can be done by nurses in the provision of nursing care in DM patients against a decrease in blood sugar levels.

Keywords : *brisk walking exercise , diabetes mellitus type 2, blood sugar levels*
Libraries : *10 book (2014-2019)*
 11 journal (2015-2021)
 3 website (2018-2019)