

ABSTRAK

Diabetes Mellitus merupakan masalah kesehatan yang menyebabkan peningkatan kadar glukosa dalam darah. Hiperglikemia kronik akibat manajemen Diabetes Mellitus yang tidak terkontrol dapat menimbulkan komplikasi pada organ tubuh. Komplikasi kronik terbanyak pada pasien Diabetes Mellitus adalah komplikasi mikrovaskular dengan komplikasi terbanyak neuropati diabetik. Neuropati adalah disfungsi dan kerusakan saraf perifer dan biasanya terjadi pada kaki, dampak dari neuropati ini mengalami penurunan sensitivitas kaki dan jika tidak segera ditangani maka saraf yang rusak tidak dapat merasakan rangsangan nyeri, akibatnya dapat menimbulkan luka yang tidak disadari dan menyebabkan ulkus diabetik hingga harus dilakukan amputasi.

Tujuan penelitian ini untuk mengidentifikasi efektivitas *Foot exercise: ankle flexibility and resistance* dengan *diabetic foot spa* terhadap sensitivitas kaki dan kadar gula darah. Jenis penelitian ini menggunakan *quasy – experiment two group pre post – test design*. Dengan populasi 115 orang, dengan sampel 15 orang kelompok intervensi pertama dan 15 orang kelompok intervensi kedua. Teknik pengumpulan data dengan lembar penilaian. Analisa yang digunakan uji univariat dan bivariat dengan uji *Independent sample t – test* dan uji *Mann – Whitney*. Hasil dari uji *Independent sample t – test* diperoleh ($p - value$ $0,000 < 0,05$). bahwa terdapat perbedaan yang signifikan dari hasil nilai kadar gula darah setelah diberikan dua intervensi. Sedangkan hasil uji *Mann – Whitney* diperoleh ($p - value$ $0,000 < 0,05$), bahwa terdapat perbedaan yang signifikan dari hasil nilai sensitivitas kaki setelah diberikan dua intervensi.

Hasil penelitian menunjukkan: Ada perbedaan yang signifikan antara kedua intervensi. dan intervensi *foot exercise: ankle flexibility and resistance* efektif untuk meningkatkan sensitivitas kaki sedangkan intervensi *diabetic foot spa* efektif untuk menurunkan kadar gula darah.

Kata Kunci : Diabetes Mellitus, *Ankle Flexibility and Resistance*, *Diabetic Foot Spa*, Sensitivitas Kaki, Kadar Gula Darah

Daftar Pustaka : 7 Buku (2013 – 2018)
4 Website (2012 – 2021)
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ABSTRACT

Diabetes Mellitus is a health problem that causes an increase in blood glucose levels. Chronic hyperglycemia due to uncontrolled management of Diabetes Mellitus can cause complications in the body's organs. The most chronic complications in Diabetes Mellitus patients are microvascular complications with the most complications being diabetic neuropathy. Neuropathy is dysfunction and damage to peripheral nerves and usually occurs in the feet, the impact of this neuropathy is a decrease in foot sensitivity and if not treated immediately, the damaged nerves cannot feel painful stimuli, as a result, it can cause injuries that are not realized and cause diabetic ulcers to be done. amputation.

The purpose of this study was to identify the effectiveness of Foot exercise: ankle flexibility and resistance with diabetic foot spa on foot sensitivity and blood sugar levels. This type of research uses a quasi-experimental two group pre-post-test design. With a population of 115 people, with a sample of 15 people in the first intervention group and 15 people in the second intervention group. Data collection techniques with assessment sheets. The analysis used univariate and bivariate tests with Independent sample t-test and Mann-Whitney test. The results of the Independent sample t - test were obtained (p - value $0.000 < 0.05$). that there is a significant difference in the results of blood sugar levels after being given two interventions. While the results of the Mann - Whitney test were obtained (p - value $0.000 < 0.05$), that there was a significant difference from the results of the foot sensitivity values after being given two interventions.

The results showed: There was a significant difference between the two interventions. and foot exercise interventions: ankle flexibility and resistance are effective for increasing foot sensitivity, while diabetic foot spa interventions are effective for lowering blood sugar levels.

Keywords : *Diabetes Mellitus, Ankle Flexibility and Resistance, Diabetic Foot Spa, Foot Sensitivity, Blood Sugar Level*

Bibliography : *7 Books (2013 – 2018)
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