

**THE APPLICATION OF ERGONOMIC GYMNASTICS TO REDUCE
BLOOD SUGAR LEVELS IN PATIENTS WITH TYPE 2
DIABETES MELLITUS IN THE NGORESAN
SURAKARTA HEALTH CENTER**

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ABSTRACT

Back Ground; Indonesian is the top 5 countries in 2015 among the countries with the highest number of diabetics in the world. The prevalence of diabetics in Indonesian is 9,1 million people. Central Java Province has a prevalence of 2,1%. Whereas in 2017 in Surakarta it reached 6.579 people. **Objective;** to find out the results of applying ergonomic gymnastics to reduce blood sugar levels in patients with diabetes mellitus type 2. **Method;** the design used in this study was a descriptive observational. Samples in this application are 2 respondents. This instrument uses observation sheets, glucometer instruments and gymnastics music. Before and after ergonomic exercise, blood sugar checked were then observed to determine a decrease in blood sugar levels. The implementation of ergonomic exercise was carried out in 6 visits for 2 weeks. **Result;** the study showed a change in blood sugar levels. Ny. S blood level before applying 347 mg/dl to 190 mg/dl. Whereas Ny. W before application of 531 mg/dl to 202 mg/dl. **Conclusion;** there is a difference in blood sugar levels in patients with diabetes mellitus before and after ergonomic gymnastics.

Keywords: Diabetes mellitus type 2, blood sugar levels, ergonomic gymnastics