

**PENERAPAN SENAM DIABETES TERHADAP KADAR GULA DARAH
PADA LANSIA PENDERITA DIABETES MELLITUS TIPE II
DI KELURAHAN JAGALAN**

Meida Intan¹, Exda Hanung Lidiana²
Meidaintan852@mail.com

¹Aisyiyah Surakarta University

ABSTRACT

Background: Diabetes mellitus is a disease characterized by high blood sugar levels that are excreted in the urine. The urine contains sugar, so it is called diabetes. Exercise for diabetes is an appropriate non-pharmacological management for the elderly because it shows significant reduction results. **Objective:** knowing the results of implementing Diabetes Gymnastics on changes in blood sugar levels in elderly people with Diabetes Mellitus. **Method:** This application uses a method in the form of a case study with a sample of two respondents, each of whom suffers from Type II Diabetes Mellitus. With a glucometer measuring instrument and an observation sheet. **Result:** Management of diabetes in the elderly with diabetes exercise given for 3 consecutive days with a time of 55 minutes per day, and the results obtained decreased with the results on Mrs. W with 174 mg/dL in the normal category and Mr. S with a final result of 131 mg/dL in the normal category. **Conclusion:** Diabetes exercise in the elderly can reduce blood sugar levels in the elderly with type II diabetes mellitus.

Keywords: *Elderly, Diabetes, Diabetes Exercise*