

**THE EFFECT OF DIABETIC GYMNASTICS APPLICATION ON THE
DECREASE OF BLOOD GLUCOSE LEVEL IN TN.D PATIENT WITH
DIABETES MELLITUS TYPE 2 IN RT 05 RW 03 TEGALHARJO
SURAKARTA**

Esti Meykewati (2017)
Program Studi Keperawatan
Sekolah Tinggi Ilmu Kesehatan 'Aisyiyah Surakarta
Mulyaningsih Dan Sri Hartutik

ABSTRACT

Background: Diabetes mellitus is one of chronic disease with increasing prevalence of patient. The number of DM cases found in Central Java Province in 2015 was 100,448 cases, by 2016 the second quarter rose by 13,205 cases. According to the health profile of Surakarta in 2016 the number of people with diabetes mellitus type 2 is 40,366 people. One of the therapy with diabetes gymnastics that can lower blood glucose levels through increased use of glucose by muscle.

Objective: To know the effect of diabetic gymnastics application on the decrease of blood glucose level in type 2 diabetes mellitus patient in Tegalharjo urban village.

Research Methods: This type of research is applied research with case study using descriptive research method. This study was conducted with the provision of diabetes gymnastics 3 times for one week with a duration of 20 minutes.

Results: The results of this study showed that blood glucose level before the intervention of gymnastics was 269 mg / dl and after being given gymnastics for 3 times in 7 days to 122 mg / dl.

Conclusion: The conclusion of this research is there is influence of diabetes gymnastics applying to decrease blood glucose level in patient of type 2 diabetes mellitus in Tegalharjo village.

Keywords: *Diabetes Mellitus, Diabetes Gymnastics, Blood Glucose Decrease*