

ABSTRAK

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KAJIAN LITERATUR: EFEKTIVITAS LATIHAN FISIK TERHADAP PENURUNAN KADAR GULA DARAH PENDERITA DIABETES MELLITUS TIPE II

(xii + 62 Halaman; 2 Bagan; 6 Tabel; 4 Lampiran)

Diabetes Melitus tipe 2 (DMT2) adalah penyakit kronis yang menyerang sistem endokrin yang ditandai dengan kenaikan gula darah yang diakibatkan oleh penurunan kerja pankreas dalam memproduksi insulin. Saat ini pandemi Covid-19 menyebabkan banyak aspek yang terganggu dalam kehidupan sehingga perlu pencegahan supaya tidak terjadi penyebaran virus dan beresiko menyebabkan *sedentary lifestyle* dimana terjadi penurunan aktivitas fisik. Aktivitas fisik sangat penting dilakukan oleh penderita diabetes melitus tipe 2 karena merupakan salah satu pilar pengelolaan DM yang dapat memperbaiki sensitivitas insulin dan menontrol kadar gula darah, dan menunda atau bahkan mencegah terjadi komplikasi pada penyakitnya. Tujuan Penelitian untuk menganalisis aktivitas fisik pada penderita DMT2 untuk mengontrol gula darah dengan menggunakan kajian literatur. Penelitian ini dilakukan pada tanggal 18 Februari – 24 Mei 2021. Penelitian ini menggunakan *critical appraisal tools* dengan metode *thematic analysis: a simplified approach*. Setelah diuji JBI, peneliti mendapat 12 jurnal untuk diteliti. Hasil penelitian menunjukkan latihan fisik seperti senam yoga, relaksasi otot progresif, *active lower range of motion*, *brisk exercise*, *walking exercise*, dan *aerobic exercise* selama 15-30 menit yang dilakukan 3x seminggu tidak hanya dapat menurunkan gula darah tetapi juga meningkatkan kualitas hidup. Berdasarkan artikel yang diteliti, dapat disimpulkan bahwa aktivitas fisik dapat berpengaruh terhadap kadar gula darah penderita diabetes.

Kata kunci: Aktifitas fisik atau latihan fisik, Penderita diabetes melitus
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ABSTRACT

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LITERATURE REVIEW : EFFECTIVENESS OF PHYSICAL EXERCISES ON REDUCING BLOOD SUGAR LEVELS OF TYPE II DIABETES MELLITUS

(xii + 62 Pages; 2 Chart; 6 Tables; 4 Attachment)

Diabetes Mellitus type 2 (T2DM) is a chronic disease that attacks the endocrine system which is characterized by an increase in blood sugar caused by a decrease in the work of the pancreas in producing insulin. Currently the Covid-19 pandemic has disrupted many aspects of life, so prevention is needed so that the spread of the virus does not occur and there is a risk of causing a sedentary lifestyle where there is a decrease in physical activity. Physical activity is very important for people with type 2 diabetes mellitus because it is one of the pillars of DM management that can improve insulin sensitivity and control blood sugar levels, and delay or even prevent complications from occurring. Research objective: to analyze physical activity in people with T2DM to control blood sugar using a literature review. This research was conducted on 18 February - 24 May 2021. This study uses critical appraisal tools with the method of thematic analysis: a simplified approach. After being tested by JBI, researchers got 12 journals to study. Physical exercises such as yoga exercises, progressive muscle relaxation, active lower range of motion, brisk exercise, walking exercise, and aerobic exercise for 15-30 minutes performed 3x a week can not only lower blood sugar but also improve quality of life, etc. The results showed that physical exercises such as yoga exercises, progressive muscle relaxation, active lower range of motion, brisk exercise, walking exercise, and aerobic exercise for 15-30 minutes carried out 3 times a week can not only lower blood sugar but also improve quality of life. Based on the articles studied, it can be concluded that physical activity can affect the blood sugar levels of diabetics.

Keywords: physical activity or exercise, diabetes mellitus

References : 60 (2010-2021)