

## Abstrak

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Implementasi latihan fisik berbasis *tai chi exercise* pada Pasien DM Tipe II dengan masalah keperawatan ketidakstabilan kadar glukosa darah di Ruang Anturium RSD. dr Soebandi Jember

### ABSTRAK

Diabetes melitus merupakan salah satu masalah kesehatan yang berdampak pada produktivitas dan dapat menurunkan sumber daya manusia. Penyakit Diabetes Melitus dapat menimbulkan dampak yang tidak baik bagi kualitas hidup manusia dimana mampu mengakibatkan ketidakseimbangan tubuh penderitanya. Tujuan dari penelitian ini untuk mendeskripsikan implementasi latihan fisik berbasis *tai chi exercise* pada Pasien DM Tipe II dengan masalah keperawatan ketidakstabilan kadar glukosa darah di Ruang Anturium RSD. dr Soebandi Jember. Penelitian ini dalam bentuk deskriptif laporan kasus yang mencakup asuhan keperawatan yaitu pengkajian, diagnosis keperawatan, intervensi, implementasi, dan evaluasi, dimana intervensi utama dengan manajemen hiperglikemia dengan dokus terapi nonfarmakologis *Tai Chi Exercise*. Sampel dalam penelitian ini adalah tiga responden dengan DM tipe II, teknik pengumpulan data yakni dengan wawancara, pemeriksaan fisik, dan studi dokumentasi. Kesimpulan dari penelitian ini yaitu dari hasil evaluasi didapatkan hasil bahwa dari ketiga klien mengalami penurunan kadar glukosa darah setelah dilakukan latihan fisik berbasis *tai chi exercise*, sehingga dapat disimpulkan bahwa terapi *tai chi exercise* mampu menurunkan gula darah pasien yang dibuktikan dengan kadar glukosa darah pasien 1,2, dan 3 menurun, jumlah urine membaik, pusing menurun, lelah atau lesu menuun, dan keluhan lapar juga menurun, namun intervensi *tai chi exercise* ini tidak dapat dijadikan sebagai pengganti insulin namun dapat dikombinasikan, karena latihan fisik *tai chi exercise* tidak secepat insulin dalam menurunkan gula dalam darah.

**Kata kunci: Diabetes Millitus Tipe II, Tai Chi Exercise, Hiperglikemia**

**Abstract**

**MUHAMMADIYAH UNIVERSITY OF JEMBER**

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*Application of physical training based on tai chi exercises in Type II DM patients with nursing problems with unstable blood glucose levels in the Anturium RSD Room. Dr. Soebandi Jember*

**ABSTRACT**

*Diabetes mellitus is a health problem that has an impact on productivity and can reduce human resources. Diabetes mellitus can have a negative impact on the quality of human life, namely it can cause an imbalance in the sufferer's body. The aim of this study was to describe the implementation of physical training based on tai chi exercises in Type II DM patients with nursing problems of unstable blood glucose levels in the Anturium RSD Room. Dr. Soebandi Jember. This research is in the form of a descriptive case report which includes nursing care, namely assessment, nursing diagnosis, intervention, implementation and evaluation, where the main intervention is the management of hyperglycemia with the non-pharmacological therapy method of Tai Chi exercises. The sample in this study was three respondents suffering from type II DM. Data collection techniques were interviews, physical examination and documentation studies. The conclusion of this research is that from the evaluation results it was found that the three clients experienced a decrease in blood glucose levels after doing physical exercise based on tai chi exercises, so it can be concluded that tai chi exercise therapy was able to provide good results. reducing the patient's blood sugar as evidenced by the blood glucose levels of patients 1, 2, and 3 decreasing, the amount of urine improving, urine output decreasing, fatigue or lethargy decreasing, and complaints of hunger also decreasing, but this tai chi training intervention cannot be carried out. used as a substitute for insulin but can be combined, because physical exercise, tai chi training, is not as fast as insulin in reducing blood sugar.*

**Keywords: Diabetes Millitus Type II, Tai Chi Exercise, Hyperglycemia**