

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
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Hubungan Keaktifan Lansia dalam Kegiatan Prolanis dengan Stabilitas Kadar Gula darah pada Pasien Diabetes Melitus di Puskesmas Sumpersari Jember, 2019.

Xvi + 115 hal + 1 bagan + 21 Tabel + 15 Lampiran

Abstrak

Prolanis merupakan suatu sistem pelayanan kesehatan dan pendekatan proaktif yang dilaksanakan secara terintegrasi yang melibatkan peserta, fasilitas kesehatan dan BPJS Kesehatan dalam rangka pemeliharaan Diabetes Melitus (DM) pada lansia keluarga Prolanis. Dibentuknya prolanis untuk memenuhi kebutuhan kesehatan serta terjadinya komplikasi pada Diabetes Melitus. Kontrol gula darah merupakan salah satu indikator kualitas hidup individu dengan diabetes karena kontrol gula darah yang baik menjadi salah satu parameter kesuksesan penyesuaian pada pola hidup. Metode penelitian yang digunakan adalah pendekatan *Cross Sectional* bertujuan untuk mengetahui hubungan keaktifan lansia dalam kegiatan prolanis dengan stabilitas kadar gula darah pada pasien Diabetes Melitus di Puskesmas Sumpersari Jember. Populasi pada penelitian ini sebanyak 36 responden. Teknik pengambilan sampel menggunakan *purposive sampling*. Teknik pengumpulan data menggunakan lembar observasi dan buku Kesehatan Lansia Sehat dari Puskesmas. Hasil analisa keaktifan didapatkan nilai *P Value* : 0,002 artinya H_1 di terima ada hubungan keaktifan lansia dengan stabilitas kadar gula darah di Puskesmas Sumpersari Jember. Ada hubungan keaktifan lansia dalam kegiatan prolanis dengan stabilitas kadar gula darah di Puskesmas Sumpersari Jember.

Kata kunci: Keaktifan Lansia, Diabetes Melitus, Prolanis
Daftar Pustaka 27 (2009-2019)

Abstract

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Relationship between Active Activity of Elderly People in Prolanis Activities and Stability of Blood Sugar Levels in Diabetes Mellitus Patients in Summersari Health Center, Jember, 2019.

Xvi + 115 pages + 1 figure + 21 Tables + 15 appendices

Abstract

Prolanis is a system of health services and a proactive approach that is implemented in an integrated manner involving participants, health facilities and BPJS Health in the context of maintaining Diabetes Mellitus (DM) in the elderly Prolanis family. Prolanis is formed to meet health needs and the occurrence of complications in Diabetes Mellitus. Control of blood sugar is one indicator of the quality of life of individuals with diabetes because good blood sugar control is one of the parameters of successful adjustment in lifestyle. The research method used is the Cross Sectional approach aims to determine the relationship of the activity of the elderly in prolanis activities with the stability of blood sugar levels in patients with Diabetes Mellitus in the Summersari Jember Health Center. The population in this study were 36 respondents. The sampling technique uses purposive sampling. The technique of collecting data uses an observation sheet and a Healthy Elderly Health book from the Puskesmas. The results of the activity analysis obtained the value of P Value: 0.002, which means that H1 was accepted there was a relationship between the activity of the elderly and the stability of blood sugar levels at the Summersari Health Center in Jember. There is a relationship between the activity of the elderly in prolanis activities and the stability of blood sugar levels at the Summersari Jember Health Center.

*Keywords: Active Activity of Elderly People, Diabetes Mellitus, Prolanis
Bibliography 27 (2009-2019)*