

Abstrak
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Efektifitas Senam Kaki Diabetik Terhadap Ankle Brachial Indeks (ABI) pada klien Diabetes Mellitus Tipe II di Wilayah kerja Puskesmas Gumukmas , 2016

xv+ 56hal + 1 bagan + 2 gambar + 4lampiran

Abstrak

Diabetes Mellitus (DM) merupakan suatu gangguan metabolisme karbohidrat, protein dan lemak yang ditandai oleh hiperglikemia atau peningkatan kadar glukosa dalam darah yang terjadi akibat kelainan sekresi insulin atau menurunnya kerja insulin. Tujuan dari penelitian ini untuk Mengetahui Efektifitas Senam Kaki Diabetik Terhadap *Ankle Brachial Indeks* (ABI). Desain penelitian yang digunakan yaitu *Quasy eksperimen* dengan jumlah populasi 105, sampel yang diambil 30 responden sebagian kelompok intervensi dan kelompok kontrol yang diperoleh dengan tehnik *purpuasiv sampling*. Pengumpulan data menggunakan lembar wawancara dan pengukuran ABI . Analisis menggunakan uji Statistik *Wilcoxon*. Hasil analisis data menunjukkan bahwa sebelum melakukan senam kaki diabetik dengan ABI normal 15 (50%) responden, sedangkan setelah melakukan senam kaki diabetik dengan ABI normal meningkat 20 (75%) responden. Terdapat perbedaan yang signifikan Ankle Brachial Indeks (ABI) sebelum dan sesudah senam kaki diabetik dengan p value = 0,000. Saran untuk penelitian selanjutnya dapat melihat pengaruh senam kaki diabetik terhadap ankle brachial indeks (ABI) menggunakan ultrasonografi Doppler.

Kata Kunci: Senam Kaki Diabetik, Ankle Brachial Indeks, Diabetes Mellitus

Abstract
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Gymnastics Effectiveness Against Diabetic Foot Ankle Brachial Index (ABI) on the client Diabetes Mellitus Type II, Regional Public Health Center Gumukmas, 2016

xv+ 56 pages + 1 chart + 2 table + 4appendixes

Abstract

Diabetes Mellitus (DM) is a metabolic disorder of carbohydrate, protein and fat that is characterized by hyperglycemia or elevated blood glucose levels that result from defects in insulin secretion or reduced insulin action. The purpose of this study to Know Gymnastics Effectiveness Against Diabetic Foot Ankle Brachial Index (ABI). The study design used is quasy experiment with a population of 105 samples taken 30 respondents most of the intervention group and the control group were obtained by purpuasiv sampling technique. Collecting data using the questionnaires and ABI measurement. Statistical analysis using the Wilcoxon test. The results of data analysis showed that diabetic foot before doing gymnastics with normal ABI 15 (50%) of respondents, while after doing gymnastics diabetic foot with normal ABI increased by 20 (75%) of respondents. There are significant differences Ankle Brachial Index (ABI) before and after the exercise of diabetic foot with p value = 0.000. Suggestions for further research be able to see the effect of exercise for diabetic foot towards the ankle brachial index (ABI) using Doppler ultrasound.

Keywords: Gymnastics Diabetic Foot, Ankle Brachial Index, Diabetes Mellitus