

Abstrak

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Implementasi Senam Kaki Untuk Menurunkan Kadar Gula Darah pada
Keluarga dengan Diabetes Mellitus di Desa Karangpring Kecamatan
Sukorambi Jember

xvii + 135 hal + 17 tabel + 8 lampiran

Abstrak

Latar Belakang: Diabetes mellitus merupakan salah satu penyakit kronis yang ditandai dengan peningkatan kadar gula darah dan memerlukan pengelolaan yang tepat untuk mencegah terjadinya komplikasi. Salah satu intervensi nonfarmakologis yang dapat dilakukan adalah senam kaki diabetes mellitus yang berperan dalam membantu melancarkan sirkulasi darah dan membantu mengontrol kadar gula darah pada penderita diabetes mellitus.

Tujuan: Melaksanakan implementasi senam kaki dalam membantu menurunkan kadar gula darah pada penderita diabetes mellitus di Desa Karangpring Kecamatan Sukorambi Kabupaten Jember..

Metode: Penelitian ini menggunakan desain studi kasus deskriptif pada tiga klien penderita diabetes mellitus di Desa Karangpring Kecamatan Sukorambi Kabupaten Jember. Implementasi dilakukan melalui tiga kali kunjungan rumah dengan pemberian intervensi senam kaki diabetes mellitus. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dokumentasi, dan pengukuran gula darah sewaktu (GDS) menggunakan glukometer.

Hasil: Setelah dilakukan implementasi senam kaki diabetes mellitus selama tiga kali kunjungan rumah, terjadi peningkatan kemampuan keluarga dalam mengenal masalah diabetes mellitus, mengambil keputusan, merawat anggota keluarga, serta membimbing klien melakukan senam kaki secara mandiri. Selain itu, seluruh klien mengalami penurunan kadar gula darah sewaktu (GDS), yaitu Ny. S sebesar 44 mg/dL, Ny. M sebesar 29 mg/dL, dan Ny. Y sebesar 21 mg/dL setelah pelaksanaan senam kaki diabetes mellitus.

Kesimpulan: Implementasi senam kaki diabetes mellitus dapat membantu menurunkan kadar gula darah sewaktu serta meningkatkan kemampuan klien dalam melakukan senam kaki secara mandiri sebagai salah satu upaya pengelolaan diabetes mellitus.

Kata Kunci: Asuhan Keperawatan Keluarga, Diabetes Mellitus, Senam Kaki Diabetes Mellitus, Gula Darah.

Daftar Pustaka 44 (2021-2025)

Abstrak

MUHAMMADIYAH UNIVERSITY OF JEMBER
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Implementation of Foot Exercises to Lower Blood Sugar Levels in
Families with Diabetes Mellitus in Karangpring Village, Sukorambi
District, Jember

xvii + 135 pages + 17 tables + 8 appendices

Abstract

Background: Diabetes mellitus is a chronic disease characterized by elevated blood glucose levels and requires appropriate management to prevent complications. One of the non-pharmacological interventions that can be implemented is diabetic foot exercise, which helps improve blood circulation and control blood glucose levels in patients with diabetes mellitus.

Objective: To implement diabetic foot exercise in helping reduce blood glucose levels among patients with diabetes mellitus in Karangpring Village, Sukorambi District, Jember Regency.

Methods: This study employed a descriptive case study design involving three patients with diabetes mellitus in Karangpring Village, Sukorambi District, Jember Regency. The intervention was conducted through three home visits by providing diabetic foot exercise. Data were collected through interviews, observations, physical examinations, documentation, and random blood glucose (RBG) measurements using a glucometer.

Results: After the implementation of diabetic foot exercise through three home visits, there was an improvement in the family's ability to identify diabetes mellitus-related problems, make appropriate health-related decisions, provide care for family members with diabetes mellitus, and guide the patients in performing diabetic foot exercises independently. In addition, all patients experienced a reduction in random blood glucose (RBG) levels, with decreases of 44 mg/dL in Mrs. S, 29 mg/dL in Mrs. M, and 21 mg/dL in Mrs. Y following the implementation of diabetic foot exercise.

Conclusion: The implementation of diabetic foot exercise can help reduce random blood glucose levels and improve patients' ability to perform diabetic foot exercises independently as one of the strategies for diabetes mellitus management.

Keywords: Family Nursing Care, Diabetes Mellitus, Diabetic Foot Exercise, Blood Glucose.

References: 44 (2021-2025)