

## INTISARI

### PENGARUH SENAM YOGA TERHADAP PERUBAHAN KADAR GULA DARAH PASIEN DM TIPE II PADA KELOMPOK PROLANIS UPT PUSKESMAS WONOGIRI I

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**Latar Belakang:** Kurangnya aktivitas fisik, stress dan usia yang semakin tua mengakibatkan insulin yang dihasilkan akan berkurang karena fungsi pancreas menurun, maka olahraga dianjurkan untuk mengontrol kadar gula darah, salah satunya yaitu senam yoga.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh senam yoga terhadap perubahan kadar gula darah pasien DM Tipe II pada kelompok Prolanis UPT Puskesmas Wonogiri I.

**Metode:** Penelitian ini menggunakan *Quasy experiment* dengan pendekatan *one group pre and post test design*. Sampel pada penelitian ini adalah 84 orang penderita diabetes mellitus tipe II pada kelompok Prolanis UPT Puskesmas Wonogiri I, Kabupaten Wonogiri. Teknik analisis data menggunakan uji *paired simple t-test*.

**Hasil:** 1) Hasil pengukuran kadar gula darah puasa sebelum perlakuan didapatkan data rata-rata sebesar 183,17 mg/dL; 2) Hasil pengukuran kadar gula darah puasa sesudah perlakuan didapatkan data rata-rata sebesar 161,68 mg/dL; 3) Ada pengaruh signifikan senam yoga terhadap perubahan kadar gula darah puasa penderita Diabetes Mellitus Tipe 2 pada Kelompok Pronalis UPT Puskesmas Wonogiri 1 (p-value = 0,000).

**Kesimpulan:** Ada pengaruh signifikan senam yoga terhadap perubahan kadar gula darah puasa penderita Diabetes Mellitus Tipe 2 pada Kelompok Pronalis UPT Puskesmas Wonogiri 1.

**Kata kunci:** Senam Yoga, Kadar Gula Darah, Diabetes Mellitus.

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## ABSTRACT

### **THE EFFECT GYMNASTICS YOGA TOWARD THE CHANGES IN BLOOD DM TYPE II IN PROLANISE GROUP UPT PUSKESMAS WONOGIRI I**

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**Background:** Lack of physical activity, stress and an aging age resulted in reduced insulin due to decreased pancreas function, then exercise is recommended to control blood sugar levels, one of which is yoga exercises.

**Objective:** This study aims to determine the effect of yoga exercises on changes in blood sugar levels of Type II DM patients in the Prolanis group of UPT Puskesmas Wonogiri I.

**Method:** This study used Quasy experiment with one group pre and post test design approach. The sample in this study was 84 people with type II diabetes mellitus in Prolanis UPT Puskesmas Wonogiri I, Wonogiri District. Data analysis technique using paired simple t-test.

**Results:** 1) The results of fasting blood glucose measurement before treatment were obtained an average data of 183.17 mg / dL; 2) The result of measurement of fasting blood glucose level after the treatment obtained the average data of 161.68 mg / dL; 3) There is significant effect of yoga gymnastics on the change of fasting blood sugar level of Diabetes Mellitus Type 2 patient in Pronalis Group UPT Puskesmas Wonogiri I (p-value = 0,000).

**Conclusion:** There is significant influence of yoga gymnastics on the change of fasting blood sugar level of Diabetes Mellitus Type 2 patient in Pronalis Group UPT Puskesmas Wonogiri I.

**Keywords:** *Gymnastic Yoga, Blood Sugar Level, Diabetes Mellitus.*

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