

## INTISARI

### EFEKTIFITAS METODE PENDIDIKAN KESEHATAN ANTARA VIDEO DAN LEAFLET TERHADAP PENGETAHUAN SEKS BEBAS REMAJA DI KARANG TARUNA DESA BANARAN

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**Latar Belakang:** Perubahan gaya hidup dan sosial ekonomi akibat urbanisasi dan modernisasi terutama pada masyarakat kota-kota besar di Indonesia menjadi penyebab meningkatnya prevalensi penyakit degeneratif, salah satunya adalah yang sering mengkonsumsi makanan instan, kelainan hormon, hipertensi, merokok, stress, terlalu banyak mengkonsumsi karbohidrat dan kerusakan sel pankreas lebih dapat berisiko terkena Diabetes Mellitus

**Tujuan Penelitian:** Untuk mengetahui efektifitas antara relaksasi otot progresif dan latihan fisik jalan kaki terhadap penurunan kadar gula darah pada pasien Diabetes Mellitus tipe 2 di Rumah Sakit Muhammadiyah Selogiri.

**Metode Penelitian:** Jenis penelitian eksperimental semu (*quasi experiment*) dengan menggunakan rancangan *two group pre-test – post-test*. Populasi dalam penelitian 20 orang pasien Diabetes mellitus tipe 2 di Rumah Sakit Muhammadiyah Selogiri, sampel diambil dengan teknik *proporsif sampling* sebanyak 20 orang dibagi menjadi 2 kelompok dimana 10 orang mendapat perlakuan relaksasi otot progresif dan 10 orang mendapat perlakuan latihan fisik jalan kaki. Instrumen penelitian berupa Lembar observasi / SPO. Teknik analisis data menggunakan *paired samples t-test* dan *independent samples t-test*.

**Hasil Penelitian:** Hasil analisis diketahui relaksasi otot progresif terbukti berpengaruh dalam menurunkan kadar gula darah pada pasien Diabetes Mellitus tipe 2 (*p value*  $0,000 < 0,05$ ). Relaksasi otot progresif lebih efektif menurunkan kadar gula darah pada pasien Diabetes Mellitus tipe 2 dibandingkan dengan latihan fisik jalan kaki.

**Simpulan:** Relaksasi otot progresif dan latihan fisik jalan kaki terbukti berpengaruh menurunkan kadar gula darah pada pasien diabetes Mellitus tipe 2 di Rumah sakit Muhammadiyah Selogiri, Agustus-Oktober 2020, relaksasi otot progresif lebih efektif dalam menurunkan kadar gula darah pada pasien Diabetes Mellitus tipe 2.

**Kata Kunci:** relaksasi otot progresif, latihan fisik jalan kaki, kadar gula darah pada pasien Diabetes Mellitus tipe 2.

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## ABSTRACT

### THE EFFECTIVENESS OF HEALTH EDUCATION METHODS BETWEEN VIDEOS AND LEAFLETS ON THE KNOWLEDGE OF ADOLESCENT SEX AT KARANG TARUNA OF BANARAN VILLAGE

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**Background:** The changes in lifestyle and socio-economics due to urbanization and modernization among cities in Indonesia cases the increasing prevalence of degenerative diseases. People often consume instant food, hormonal disorders, hypertension, smoking, stress, and many carbohydrates. and damage to pancreatic cells can increase the risk of developing diabetes mellitus

**Objectives:** To determine the effectiveness of progressive muscle relaxation and walking exercise on reducing blood sugar levels in type 2 Diabetes Mellitus patients at Selogiri Muhammadiyah Hospital.

**Method:** This type of research is quasi-experimental (quasi-experimental) using a two-group pre-test-post-test design. The population was 20 patients with type 2 diabetes mellitus at Selogiri Muhammadiyah Hospital, while the samples were taken using a proportional sampling technique as many as 20 people were divided into 2 groups. 10 people received progressive muscle relaxation treatment and 10 people received physical exercise treatment on foot. The research instrument is in the form of an observation sheet / SOP. The data analysis technique used paired samples t-test and independent samples t-test.

**Results:** The results show that progressive muscle relaxation has been shown to reduce blood sugar levels in type 2 diabetes mellitus patients ( $p$ -value  $0.000 < 0.05$ ). Progressive muscle relaxation is more effective in reducing blood sugar levels in type 2 diabetes mellitus patients compared to walking exercise.

**Conclusion:** Progressive muscle relaxation and walking exercise affect reducing blood sugar levels in patients with type 2 diabetes mellitus at Selogiri Muhammadiyah Hospital in August-October 2020. Progressive muscle relaxation is more effective in reducing blood sugar levels in type 2 diabetes mellitus patients.

**Keywords:** Progressive Muscle Relaxation, Physical Exercise Walking, Blood Sugar Levels in Patients With Type 2 Diabetes Mellitus.

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