

## ABSTRACT

### THE APPLICATION OF YOGA IN FULFILLING THE NEEDS OF PHYSICAL ACTIVITY IN ELDERLY WITH TYPE II DIABETES MELLITUS IN THE WORK AREA OF THE PUSKESMAS GODEAN I

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**Background:** Elderly is a term for individuals who are 60 years old, a group that is categorized by a process called the aging process or the aging process. Increasing age causes impaired physiological function to decrease so that many non-communicable diseases appear, one of which is diabetes mellitus. Diabetes Mellitus is a condition that occurs when the body cannot produce any or enough insulin. Management of diabetes mellitus is managed non-pharmacologically through health education, diet education, healthy lifestyle support and physical activity. Efforts made to control blood sugar levels in Diabetes Mellitus patients are physical activity with yoga. **Objective:** Gain real experience with the application of yoga in an effort to meet the needs of physical activity in the elderly with Diabetes Mellitus type II in the working area of the Godean I Health Center. **Methodology:** This nursing care uses a case study approach research method on both managed patients including the assessment process, formulation of diagnoses, nursing interventions, implementation, evaluation and documentation according to evidence based practice from various journals. **Results:** After the nursing intervention was carried out, the results showed that drowsiness decreased, dizziness decreased, complaints of hunger decreased, thirst decreased and both clients limited food that could affect blood glucose levels. **Conclusion:** Implementation of the application of yoga in meeting the needs of physical activity in the two elderly with diabetes mellitus decreased blood glucose levels during three visits in one week with a duration of 40-60 minutes.

**Keywords:** *Yoga, Need for Physical Activity, Elderly, Diabetes Mellitus*

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## ABSTRAK

# PENERAPAN YOGA DALAM UPAYA PEMENUHAN KEBUTUHAN AKTIVITAS FISIK PADA LANSIA DENGAN DIABETES MELLITUS TIPE II DI WILAYAH KERJA PUSKESMAS GODEAN I

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**Latar belakang:** Lansia adalah sebutan bagi individu yang telah berusia 60 tahun, kelompok yang dikategorikan dengan suatu proses yang disebut *aging process* atau proses penuaan. Bertambahnya usia menyebabkan gangguan fungsi fisiologis mengalami penurunan sehingga penyakit tidak menular banyak muncul, salah satunya diabetes mellitus. Diabetes Mellitus adalah kondisi yang terjadi ketika tubuh tidak dapat memproduksi apapun atau cukup insulin. Penatalaksanaan diabetes mellitus dikelola secara non-farmakologi melalui pendidikan kesehatan, edukasi diet, dukungan gaya hidup sehat dan aktivitas fisik. Upaya yang dilakukan untuk mengendalikan kadar gula darah pasien Diabetes Mellitus yaitu aktivitas fisik dengan yoga. **Tujuan:** Memperoleh pengalaman nyata dengan penerapan yoga dalam upaya pemenuhan kebutuhan aktivitas fisik pada lansia dengan Diabetes Mellitus tipe II di wilayah kerja Puskesmas Godean I. **Metodologi:** Asuhan keperawatan ini menggunakan metode penelitian pendekatan studi kasus pada kedua pasien kelolaan meliputi proses pengkajian, perumusan diagnosa, intervensi keperawatan, implementasi, evaluasi dan dokumentasi sesuai dengan evidence based practice dari berbagai jurnal. **Hasil:** Setelah dilakukan intervensi keperawatan didapatkan hasil mengantuk menurun, pusing meurun, keluhan lapar menurun, rasa haus menurun dan kedua klien mebatasi makanan yang dapat mempengaruhi kadar glukosa darah. **Kesimpulan:** Pelaksanaan penerapan yoga dalam pemenuhan kebutuhan aktivitas fisik pada kedua lansia dengan diabetes mellitus terjadi penurunan kadar glukosa darah selama tiga kali kunjungan dalam satu minggu dengan durasi 40-60 menit.

**Kata Kunci:** *Yoga, Kebutuhan Aktivitas Fisik, Lansia, Diabetes Mellitus*

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