

**PENGARUH ANTARA SENAM KAKI DAN TERAPI *PROGRESSIVE*
MUSCULE RELAXATION TERHADAP SENSITIVITAS KAKI
PADA PENYANDANG DIABETES MELITUS TIPE II
DI WILAYAH KERJA PUSKESMAS
GAMPING SLEMAN**

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ABSTRAK

Latar Belakang: Diabetes adalah kelainan metabolisme yang disebabkan oleh ketidakmampuan pankreas memproduksi hormon insulin dalam jumlah yang cukup. Prevelensi penyakit diabetes melitus di Daerah Istimewa Yogyakarta (DIY) yaitu sekitar 4,5%, sedangkan angka prevelensi nasionalnya yaitu 2,4%. Dilihat dari prevelensi DM di DIY lebih tinggi dibandingkan dengan rata-rata nasional. Pada tahun 2022, terjadi peningkatan jumlah penyandang diabetes melitus dengan jumlah mencapai 13.676 orang. Berdasarkan hasil studi pendahuluan di Puskesmas Gamping I terdapat 329 orang dan Puskesmas Gamping II yang mendapatkan pelayanan dalam bulan januari-juli terdapat 523 orang. Terapi komplementer dapat dilakukan untuk memperbaiki sensitivitas kaki penderita Diabetes diantaranya gerakan senam kaki diabetes dan progressive muscle relaxation.

Tujuan: Untuk membandingkan senam kaki dan terapi PMR terhadap sensitivitas kaki pada penyandang Diabetes melitus tipe II

Metode: Jenis penelitian kuantitatif menggunakan desain *quasy eksperiment* dengan rancangan “*Two Group Pretest Posttest Design*“. Rancangan ini terdapat kelompok dua kelompok intervensi. Data dianalisis menggunakan *Wilcoxon Signed Rank Test* dan *Mann-Whitney*

Hasil: Hasil penelitian ini adalah adanya perubahan nilai sensitivitas kaki setelah dilakukan intervensi senam kaki dan terapi *progressive muscle relaxation* yang dapat meningkatkan nilai sensitivitas kaki

Kesimpulan: Diharapkan intervensi yang sudah dilakukan dapat di lanjutkan untuk program puskesmas serta menjadi intervensi keperawatan

Kata Kunci: Diabetes melitus tipe II, Sensitivita Kaki, Senam Kaki, Terapi Progressive muscle Relaxation

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**THE EFFECT OF FOOT EXERCISE AND PROGRESSIVE MUSCLE
RELAXATION THERAPY ON FOOT SENSITIVITY IN
PEOPLE WITH TYPE II DIABETES MELLITUS IN
THE WORK AREA OF THE HEALTH
CENTER GAMPING SLEMAN**

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ABSTRACT

Background: Diabetes is a metabolic disorder caused by the inability of the pancreas to produce sufficient amounts of the hormone insulin. The prevalence of diabetes mellitus in the Special Region of Yogyakarta (DIY) is around 4.5%, while the national prevalence rate is 2.4%. The prevalence of DM in Yogyakarta is higher than the national average. In 2022, there was an increase in the number of people with diabetes mellitus with a total of 13,676 people. Based on the results of preliminary studies at Puskesmas Gamping I there were 329 people and Puskesmas Gamping II who received services in January-July there were 523 people. Complementary therapies that can be done to improve the sensitivity of the feet of people with DM are diabetic foot exercises and progressive muscle relaxation.

Objective: To compare foot exercise and PMR therapy on foot sensitivity in people with type II diabetes mellitus.

Methods: This type of quantitative research uses a quasi-experiment design with a "Two Group Pretest Posttest Design" design. This design has two intervention groups. Data were analyzed using Wilcoxon Signed Rank Test and Mann-Whitney.

Results: The results of this study are changes in foot sensitivity values after the intervention of foot exercises and progressive muscle relaxation therapy which can increase foot sensitivity values.

Conclusion: It is hoped that the interventions that have been carried out can be continued for the health center program and become nursing interventions.

Keywords: Type II diabetes mellitus, foot sensitivity, foot gymnastics, progressive muscle relaxation therapy

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