

**PENGARUH CHAIR BASED EXERCISE TERHADAP PENURUNAN  
KADAR GULA DARAH PADAPENYANDANG DIABETES  
MELITUS TIPE 2 TIPE 2 DI PUSKESMAS  
SEYEGAN SLEMAN**

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**ABSTRAK**

**Latar Belakang** : Diabetes melitus adalah kadar glukosa darah melebihi batas normal disebabkan karena gangguan metabolik. *Chair based exercise* adalah senam dengan tingkat dampak rendah yang dirancang untuk memberikan manfaat kesehatan danpa menimbulkan risiko keselamatan yang signifikan, serta mengurangi kemungkinan terjadinya kecelakaan atau jatuh selama pelaksanaan Latihan.

**Tujuan** : Diketuahuinya pengaruh *chair based exercise* terhadap penurunan kadar gula darah pada penyandang diabetes melitus tipe 2

**Metode** : Penelitian berdesain *quasi eksperiment* dengan pendekatan *nonequivalent control group*. Teknik sampling menggunakan *sampling sistematis* dengan jumlah 32 responden. Analisis distribusi data menggunakan *Shapiro-Wilk*. Uji analisis data menggunakan analisis univariat dan bivariat berupa uji *paired t test* dan *independent t test*.

**Hasil** : Hasil penelitian ini menunjukkan bahwa penyandang diabetes melitus yang melakukan *chair based exercise* mengalami penurunan kadar gula darah dengan rata-rata 25,143 mg/dL dan secara statistik *pv value* = 0,00. Terdapat perbedaan penurunan kadar gula darah secara statistik antara intervensi *chair based exercise* dan senam kaki diabetes dengan *p value* = 0,00.

**Kesimpulan** : Terdapat pengaruh *chair based exercise* terhadap penurunan kadar gula darah pada penyandang diabetes melitus tipe 2 di Puskesmas Seyegan.

**Kata kunci** : diabetes melitus tipe 2, *chair based exercise*, kadar gula darah,

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**THE EFFECT OF CHAIR BASED EXERCISE ON REDUCING BLOOD  
SUGAR LEVELS IN PEOPLE WITH TYPE 2 DIABETES MELLITUS  
PEOPLE WITH TYPE 2 DIABETES MELLITUS  
TYPE 2 IN COMMUNITY HEALTH CENTRES  
SEYEGAN SLEMAN**

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**ABSTRACT**

**Background:** Diabetes mellitus is a blood glucose level that exceeds normal limits due to metabolic disorders. Chair based exercise is a low-impact exercise designed to provide health benefits without posing significant safety risks, and reduce the likelihood of accidents or falls during exercise.

**Purpose :** Knowing the effect of chair based exercise on reducing blood sugar levels in people with type 2 diabetes mellitus.

**Methods :** Penelitian berdesain quasi eksperimen dengan pendekatan nonequivalent control group. Teknik sampling menggunakan sampling sistematis dengan jumlah 32 responden. Analisis distribusi data menggunakan Shapiro-Wilk. Uji analisis data menggunakan analisis univariat dan bivariat berupa uji paired t test dan independent t test.

**Results :** The research was designed as a quasi-experiment with a nonequivalent control group approach. The sampling technique used systematic sampling with a total of 32 respondents. Data distribution analysis using Shapiro-Wilk. Data analysis test using univariate and bivariate analysis in the form of paired t test and independent t test.

**Conclusion :** There is an effect of chair-based exercise on reducing blood sugar levels in people with type 2 diabetes mellitus at Seyegan Health Centre.

**Key Words:** type 2 diabetes mellitus, chair based exercise, blood sugar level

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