LATIHAN *ACTIVE ASSISTIVE RANGE OF MOTION* (AAROM) MENURUNKAN KADAR GLUKOSA DARAH PADA PENYANDANG DIABETES MELITUS TIPE 2

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ABSTRAK

Latar Belakang: Latihan fisik menjadi peran utama pengendalian glukosa darah dalam pilar penatalaksanaan DM. Salah satu latihan yang dapat dilakukan oleh penyandang DM adalah *Active Assitive Range of Motion* (AAROM).
Tujuan: Mengetahui bahwa melalui latihan *Active Assitive Range of Motion* (AAROM) dapat menurunkan kadar glukosa darah pada penyandang DM Tipe 2.
Metode: Penelitian ini adalah kajian literatur (*literature review*). Penelurusan dilakukan melalui *data base DOAJ, Google Schoolar, dan PUBMED* dengan kata kunci tiap variabel yang telah dipilih hingga mendapatkan 5 jurnal yang *eligible* untuk dianalisis.
Hasil: Didapatkan hasil bahwa *Active Assitive Range of Motion* (AAROM) dapat menurunkan kadar glukosa darah pada penyandang DM Tipe 2. Perubahan nilai penurunan kadar glukosa darah rata-rata dari jurnal yang dianalisis, mampu menurunkan kadar glukosa darah dari hiperglikemia (>200mg/dL) menjadi *pre* diabetes (100-200mg/dL). Gerakan ini aman untuk dilakukan. Latihan yang dengan frekuensi 3-5 hari dalam seminggu dan durasi 20-30 menit setiap kali latihan mampu membantu mengendalikan kadar glukosa darah pada penyandang DM Tipe 2 secara optimal.
Kesimpulan: Berdasarkan 5 literatur yang telah dianalisis dan ditelaah, dapat disimpulkan bahwa terdapat pengaruh dari latihan *Active Assitive Range of Motion* (AAROM) dalam menurunkan kadar glukosa darah pada penyandang DM Tipe 2.

Kata kunci: *Active Assitive Range of Motion* (AAROM), DM Tipe 2, Kadar Glukosa Darah

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ACTIVE ASSITIVE RANGE OF MOTION (AAROM) TRAINING LOWERING BLOOD GLUCOSE LEVELS IN PEOPLE WITH TYPE 2 DIABETES MELLITUS

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ABSTRACT

Background: Physical exercise plays a major role in controlling blood glucose in the pillars of DM management. One of the exercises that can be done by people with DM is Active Assitive Range of Motion (AAROM).
Objective: Knowing that blood glucose levels in people with type 2 diabetes can be reduce through Active Assitive Range of Motion (AAROM) exercises.
Methods: This study is a literature review. Tracing is carried out through a data base DOAJ, Google Schoolar, and PUBMED with the keywords of each variable that have been selected.
Results: The results showed that the Active Assitive Range of Motion (AAROM) can reduce blood glucose levels in people with Type 2 diabetes. Changes in the value of decreasing average blood glucose levels from the analyzed journals can reduce blood glucose levels from the hyperglycemia category (>200mg/dL) to high normal pre diabetes (100-200mg/dL). This movement is safe to do. Exercises with a frequency of 3-5 days a week and a duration of 20-30 minutes each time are able to help control blood glucose levels in people with type 2 diabetes in an optimal manner.
Conclusion: Based on 5 literatures that have been analyzed and reviewed, it can be concluded that there is an effect of Active Assitive Range of Motion (AAROM) training in reducing blood glucose levels in people with type 2 diabetes mellitus.

Keywords: Active Assitive Range of Motion (AAROM), DM Type 2, Blood Glucose Levels

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