

**PENERAPAN TEKNIK LATIHAN KEKUATAN OTOT PADA GERAK
SENAM UNTUK MENINGKATKAN SENSITIVITAS SEL
TUBUH TERHADAP INSULIN UNTUK MENURUNKAN
KADAR GULA DARAH PADA PASIEN DM TIPE 2
DI WILAYAH RSUD WONOSARI**

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ABSTRAK

Latar Belakang: Diabetes Melitus Tipe 2 (DMT2) merupakan penyakit metabolik kronis yang terus meningkat di Indonesia. Salah satu terapi nonfarmakologis yang efektif untuk mengendalikan kadar gula darah adalah latihan fisik seperti senam diabetes, khususnya dengan penerapan teknik latihan kekuatan otot.

Tujuan: Mendeskripsikan penerapan teknik latihan kekuatan otot dalam gerakan senam diabetes untuk meningkatkan sensitivitas sel tubuh terhadap insulin guna menurunkan kadar gula darah pada pasien DMT2.

Metode: Studi kasus deskriptif dilakukan pada pasien DMT2 di RSUD Wonosari. Proses asuhan keperawatan mencakup pengkajian, diagnosis keperawatan, intervensi, implementasi, dan evaluasi. Intervensi yang diberikan berupa senam diabetes dengan teknik latihan otot kaki secara rutin.

Hasil: Setelah intervensi dilakukan secara konsisten, ditemukan adanya penurunan kadar gula darah, peningkatan sensitivitas insulin, dan perbaikan status kesehatan pasien. Evaluasi menunjukkan bahwa tujuan intervensi tercapai sebagian besar sesuai indikator keberhasilan.

Kesimpulan: Teknik latihan kekuatan otot dalam senam diabetes efektif dalam menurunkan kadar gula darah dan meningkatkan sensitivitas sel terhadap insulin. Intervensi ini dapat dijadikan salah satu alternatif terapi nonfarmakologis dalam penatalaksanaan DMT2.

Kata Kunci : Penerapan Teknik Latihan Otot Pada Gerak Senam Diabetes Untuk Meningkatkan Sensitivitas Sel Tubuh Terhadap Insulin Untuk Menurunkan Kadar Gula Darah Pada Pasien DM Tipe 2 di RSUD Wonosari

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**APPLICATION OF MUSCLE STRENGTH TRAINING TECHNIQUES
IN GYMNASTICS MOVEMENTS TO IMPROVE BODY CELL SENSITIVITY TO
INSULIN TO REDUCE BLOOD SUGAR
LEVELS IN TYPE 2 DM PATIENTS IN THE WONOSARI
REGIONAL HOSPITAL AREA**

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ABSTRACT

Background: Type 2 Diabetes Mellitus (T2DM) is a chronic metabolic disease with rising prevalence in Indonesia. One effective non-pharmacological therapy to control blood glucose levels is physical exercise, such as diabetes gymnastics, especially with the implementation of muscle strength training techniques.

Objective: To describe the application of muscle strength training techniques in diabetes gymnastics movements to enhance cellular sensitivity to insulin and reduce blood glucose levels in T2DM patients.

Methods: A descriptive case study was conducted on T2DM patients at Wonosari Regional Hospital. The nursing care process included assessment, nursing diagnosis, intervention, implementation, and evaluation. The intervention applied was regular foot gymnastics with muscle strengthening techniques.

Results: After consistent intervention, there was a decrease in blood glucose levels, improved insulin sensitivity, and better overall health status. Evaluation indicated that most of the intervention objectives were successfully achieved.

Conclusion: Muscle strength training in diabetes gymnastics is effective in lowering blood glucose levels and increasing insulin sensitivity. This intervention may serve as an alternative non-pharmacological therapy in T2DM management.

Keywords : The Application of Muscle Strength Training Techniques in Diabetes Gymnastics Movements to Improve Cellular Sensitivity to Insulin in Reducing Blood Glucose Levels in Type 2 DM Patients at Wonosari Regional Hospital

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