

ABSTRAK

Zuhrotun Nisak, Isyti' aroh

Faktor-Faktor yang Mempengaruhi Keaktifan Diabetesi Mengikuti Senam Diabetes Mellitus di Puskesmas Wiradesa Kabupaten Pekalongan

xiii, 6 bab, 70 halaman, 5 tabel, 1 gambar, 5 lampiran

Penyakit diabetes melitus ditandai dengan peningkatan kadar gula darah. Diabetesi harus mengelola kadar gula darah untuk mencegah komplikasi salah satunya dengan mengikuti senam diabetes melitus. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang mempengaruhi Keaktifan Diabetesi Mengikuti Senam Diabetes Mellitus di Puskesmas Wiradesa Kabupaten Pekalongan. Desain penelitian menggunakan deskriptif korelasi dengan pendekatan *cross sectional*. Sampel penelitian adalah pasien diabetes mellitus yang mengikuti senam diabetes melitus di wilayah kerja Puskesmas Wiradesa Kabupaten Pekalongan sebanyak 82 orang. Teknik pengambilan sampel *total sampling*. Alat pengumpulan data berupa kuesioner dan check list. Hasil penelitian menunjukkan bahwa 52,4% berpendidikan menengah, 68,3% mempunyai pengetahuan kurang, 62,2% mempunyai sikap kurang, 54,9% orang mendapatkan dukungan keluarga yang kurang dan 53,7% tidak aktif mengikuti senam diabetes melitus. Ada hubungan pengetahuan (ρ : 0,002), sikap (ρ : 0,005), dukungan keluarga (ρ : 0,017) dengan keaktifan diabetesi mengikuti senam diabetes mellitus. Tidak ada hubungan tingkat pendidikan dengan keaktifan diabetesi mengikuti senam diabetes mellitus dengan ρ value: 0,464. Puskesmas perlu memberikan pendidikan kesehatan tentang senam diabetes melitus dan melibatkan keluarga dalam kegiatan senam diabetes melitus agar diabetesi aktif dalam mengikuti senam diabetes melitus.

Kata kunci : Senam Diabetes melitus, Keaktifan

Pustaka : 45 daftar pustaka (2006-2017), 3 website

ABSTRACT

Zuhrotun Nisak, Isyti' aroh

Identification Factors Related to Diabetes Activity at Exercise Diabetes Mellitus in Wiradesa Public Health Care Center Pekalongan

xiv, 6 chapters, 70 pages, 5 tables, 1 chart, 5 attachments

Diabetes mellitus is characterized by elevated blood sugar levels. Diabetesi should manage blood sugar levels to prevent complications such as diabetes mellitus gymnastics. This research purposed determined the effect factors to diabetes activity at exercise diabetes mellitus in Wiradesa Public Health Care Center Pekalongan. The research design used descriptive correlation with cross sectional approach. The sample of research were diabetes mellitus patients in Wiradesa Public Health Care Center Pekalongan as many as 90 people. There were participant involved in research as sample study by using total sampling. The instrument of data collecting used questionnaires and check list. The results research found that 52,4% pepole had medium education, 68,3% people had less knowledge, 62,2% people had less attitude, 54,9% people got less family support and 53,7% did not actively at diabetes mellitus exercise. The results research found that there significant correlation between knowledge ($p: 0,002$), attitude ($p: 0,005$), family support ($p: 0,017$) with activity diabetes mellitus exercise. There no correlation between education level with activity diabetes mellitus exercise ($p: 0,464$). Public health care center provides health education about diabetes melitus exercise and involve family in diabetes melitus exercise so diabetesi more active in gymnastics.

Keywords : Diabetes mellitus, Exercise, Activity

Reference : 45 books (2006-2017), 3 websites