

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
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ABSTRAK

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**HUBUNGAN SIKAP DENGAN KEPATUHAN OLAHRAGA PADA KLIEN
DIABETES MELLITUS TIPE II DI PUSKESMAS BANGETAYU**

65 halaman + 11 tabel + 3 gambar + 18 lampiran + xiv

Latar Belakang : Penyakit DM merupakan penyakit kronis. Di Indonesia terdapat 26,1 % penduduk yang aktivitas fisik kurang aktif. Jika klien DM patuh olahraga maka glukosa darah dapat stabil. Kepatuhan olahraga dipengaruhi oleh sikap. Karena pengetahuan mempengaruhi sikap, dan sikap mempengaruhi tindakan seseorang. Tujuan penelitian ini untuk mengetahui hubungan sikap dengan kepatuhan olahraga pada klien DM tipe 2 di Puskesmas Bangetayu.

Metode : Penelitian ini menggunakan desain *korelasi*. Pengumpulan data menggunakan kuesioner sikap dan kepatuhan olahraga. Jumlah sampel 118 klien DM tipe 2 dengan metode *consecutive sampling*.

Hasil : Hasil analisis univariat jenis kelamin terbanyak perempuan 73,7%, umur terbanyak lansia awal 45,8%, pendidikan terbanyak SD 49,2%, lama sakit >6 bulan 100%, pernah mendapatkan informasi 100%, ulkus kaki 100% belum mengalami, sikap terbanyak baik 83,9%, kepatuhan olahraga terbanyak tidak patuh 63,6%. Hasil analisis bivariat uji eta didapatkan nilai r 0,046 dan F hitung 0,24.

Simpulan : Tidak ada hubungan antara sikap dengan kepatuhan olahraga klien DM tipe II di Puskesmas Bangetayu. Diharapkan penderita DM menyadari pentingnya manfaat patuh olahraga untuk penyakit DM.

Kata Kunci : Kepatuhan Olahraga, Klien DM tipe 2, Sikap

Daftar Pustaka : 29 (2009-2018)

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ABSTRACT

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**ATTITUDE RELATIONSHIP WITH SPORTS COMPLIANCE IN
DIABETES MELLITUS TYPE II CLIENTS IN BANGETAYU HEALTH
CENTER**

65 pages + 11 tables + 3 pictures +18 appendices + xiv

Background: DM is a chronic disease. In Indonesia there are 26.1% of the population whose physical activity is less active. If the DM client complies with exercise, blood glucose can be stable. Sports compliance is influenced by attitude. Because knowledge affects attitudes, and attitudes influence one's actions. The purpose of this study was to determine the relationship between attitudes and exercise compliance in clients of type 2 diabetes mellitus in Bangetayu Health Center.

Method: This study uses a correlation design. Data collection uses attitude and sports compliance questionnaires. The number of samples is 118 clients of type 2 DM with the consecutive sampling method.

Results: The results of univariate analysis of the highest sex of women were 73.7%, the highest age at the beginning of the elderly was 45.8%, the most elementary education was 49.2%, the duration of illness > 6 months 100%, ever received 100% information, 100% experience, the most good attitude 83.9%, the most obedience to sports is not obedient 63.6%. The results of the bivariate analysis of the eta test obtained r value of 0.046 and F count of 0.24.

Conclusion: There is no relationship between attitudes and compliance with type II DM client sports at Bangetayu Health Center. It is expected that DM sufferers realize the importance of the obedient benefits of exercise for DM disease.

Keywords: Sports Compliance, Type 2 DM Clients, Attitude

Bibliography: 29 (2009-2018)