

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
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ABSTRAK

Eka Dewi Hendrastuti

**PENGARUH SENAM KAKI DIABETES MELITUS TERHADAP PROSES
PENYEMBUHAN LUKA KAKI PADA PASIEN DIABETES MELITUS**

Latar Belakang : Diabetes Mellitus (DM) adalah keadaan hiperglikemi kronik yang disertai dengan kelainan metabolik akibat gangguan hormonal yang menimbulkan berbagai komplikasi *Neurophathy* merupakan salah satu komplikasi, hal ini terjadi karena kadar glukosa dalam darah meninggi secara terus menerus. *Neuropathy* ini dapat menyebabkan masalah di pencernaan, disfungsi ereksi, dan banyak fungsi lainnya. Daerah yang paling sering terkena adalah ekstremitas, khususnya kaki. Untuk mengurangi komplikasi pada diabetes mellitus terutama komplikasi *diabetic neuropathy* maka perlu dilakukan senam kaki

Tujuan : penelitian ini untuk mengetahui pengaruh senam kaki terhadap proses penyembuhan luka kaki pada pasien diabetes mellitus di RSI Sultan Agung Semarang

Metode: Jenis penelitian yang digunakan dalam penelitian ini adalah *Kuantitatif* dengan *Pre Eksperimen One Group Pre Test and Post Test Design* dengan metode pengambilan menggunakan *purposive sampling* dengan jumlah 17 responden pasien di RSI Sultan Agung Semarang Pengumpulan data proses penyembuhan luka kaki menggunakan skala *bates jonson* sebelum dan sesudah diberikan senam kaki. Teknik analisa menggunakan uji *wilcoxon test*.

Hasil: penyembuhan luka kaki pada pasien di di RSI Sultan Agung Semarang sebelum dan sesudah senam kaki mengalami rata – rata penurunan 5,6 skala *bates jonson*. Dari hasil Uji Wilcoxon untuk luka kaki sebelum dan pemberian senam kaki di di RSI Sultan Agung Semarang didapatkan hasil *P Value 0.000 (< 0.005)*

Simpulan: Ada pengaruh senam kaki terhadap proses penyembuhan luka kaki pada pasien Diabetes mellitus di RSI Sultan Agung Semarang

Kata kunci: Senam kaki, Luka kaki, Diabetes mellitus.

Daftar pustaka: 36

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ABSTRAK

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THE EFFECT OF DIABETES MELLITUS LEG CALISTHENICS TOWARD THE HEALING PROCESS OF THE LEG INJURY FOR THE DIABETES MELLITUS PATIENT

Background of the study: Diabetes Mellitus (DM) is a chronic condition of hyperglycemia which is accompanied by the metabolic disorder as the effect of hormonal trouble that causes various complications. *Neuropathy* is one of the complications, it happens as the amount of glucose inside the blood is getting higher continuously. This *Neuropathy* is able to cause the problem in the digesting system, dysfunction of erection system and many others function system. The area that usually gets affected is the extremities, especially on the legs. Therefore, to decrease the complications of diabetes mellitus especially the *diabetic neuropathy*, the leg calisthenics needs to be done.

The objective of this study is to know the effect of leg calisthenics toward the healing process of the leg injury for the diabetes mellitus patients in the Sultan Agung Islamic Hospital Semarang.

Metode: this study used pre experimental one group pre test and post test design. There are 17 respondents who were patients of Sultan Agung Islamic hospital Semarang as the sample of this study which was taken by using purposive sampling. The data collection of legs injury healing process of this study uses bates Jonson scale before and after the treatment of legs calisthenics was given. the analysis technical of the study uses wilcoxon test.

Result of the study: the legs injury healing of the patients in Sultan Agung Islamic hospital before and after the treatment has decreased about 5,6 bates Jonson scale. the result of wilcoxon test for the legs injury before and after the treatment of leg calisthenics that was given to the patients in Sultan Agung Islamic hospital shows *P Value 0.000* (< 0.005)

Conclusion: there is an effect of legs calisthenics toward the healing process of the leg injury in the diabetes mellitus patients of Sultan Agung Islamic hospital Semarang.

Key words: leg calisthenics, leg injury, Diabetes mellitus.

Literature: 36