

The Impact of Diabetes Exercise on Blood Sugar Levels in Diabetes Mellitus Patients

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Abstract

Diabetes mellitus is one of unremitting diseases with increasing prevalence of patients. One of the non-pharmacological therapies in the treatment of diabetes mellitus is by diabetes gymnastics. Diabetes gymnastics is a physical exercise that produces blood flow, more so more accessible receptors and receptors ended up more dynamic that will influence the diminish in diabetes sugar. The reason of this consider is to decide the impact of diabetes acrobatic on the diminish in blood sugar levels in people with diabetes mellitus at the Elderly Founded of South Sumatra Indonesia. This investigate employments Pre-Experimental inquire about plan with one bunch pretest and posttest plan approach. The populace of all patients with diabetes mellitus with a test of 25 individuals. Examining is done by purposive examining strategy. Information collection was done by measuring blood sugar some time recently and after diabetes exercise using GCU Easy Touch. The sample size was 25 respondents. The investigation utilized is Wilcoxon test. The comes about appeared that normal blood sugar level some time recently treatment was 300.16 mg /dL, and cruel of blood sugar level after treatment was 282.32 mg/dL. Blood sugar levels decreased by 23 mg/dL. The comes about appeared that there was a noteworthy impact of diabetic acrobatic on the diminish of blood sugar level with p esteem = 0.000. From these results, it is expected that the Indonesian Senior Society of South Sumatra can the administration of diabetes mellitus by expanding the recurrence of diabetes gymnastics three times per week.

Keywords

Diabetes Mellitus, Diabetic Exercise, Blood Sugar Levels