



## ABSTRAK

Rosalda Zahra (2025). *Penerapan Latihan Fisik Jalan Kaki Terhadap Kadar Gula Darah Pada Lansia Dengan Diabetes Mellitus Di PSTW Khusnul Khotimah*. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (1) R. Sakhnan, SKM., M.Kes (II) Dr. Ns. Dewi Sartika, M.Kep.

Lansia merupakan kelompok usia lanjut yang rentan mengalami berbagai perubahan fisik dan mental, sehingga lebih mudah terserang penyakit, termasuk diabetes mellitus (DM). DM adalah penyakit kronis yang ditandai dengan tingginya kadar gula darah dan dapat merusak organ seperti jantung, pembuluh darah, mata, ginjal, dan saraf. Salah satu cara yang dapat membantu menurunkan kadar gula darah adalah dengan latihan fisik seperti jalan kaki. Penelitian ini bertujuan mengetahui pengaruh latihan jalan kaki terhadap kadar gula darah pada lansia penderita DM di PSTW Khusnul Khatimah. Penelitian ini bersifat deskriptif dengan dua subjek yang rutin mengonsumsi metformin. Kegiatan dilakukan pada 3, 5, dan 12 Juni 2025 melalui observasi dan wawancara langsung. Hasil menunjukkan bahwa setelah latihan jalan kaki selama 30 menit sebanyak tiga kali seminggu, kadar gula darah subjek I menurun dari 367 mg/dl menjadi 233 mg/dl, dan subjek II dari 172 mg/dl menjadi 102 mg/dl. Hasil ini menunjukkan bahwa latihan jalan kaki dapat membantu menurunkan kadar gula darah pada lansia penderita DM. Penelitian selanjutnya disarankan untuk melibatkan lebih banyak subjek, memperluas observasi, dan menggunakan desain penelitian yang lebih kuat seperti studi kasus eksperimental.

Kata kunci: Diabetes Mellitus, Kadar Gula Darah, Lansia, Latihan Fisik Jalan Kaki

## ***ABSTRACT***

Rosalda Zahra (2025). *Application of Physical Exercise Walking on Blood Sugar Levels in Elderly with Diabetes Mellitus at PSTW Khusnul Khotimah*. Scientific Paper Case Study, DIII Nursing Study Program Pekanbaru, Nursing Department, Health Polytechnic, Ministry of Health, Riau. Supervisor (1) R. Sakhnan, SKM., M.Kes (II) Dr. Ns. Dewi Sartika, M.Kep.

The elderly were an age group prone to various physical and mental changes, making them more susceptible to diseases, including diabetes mellitus (DM). DM was a chronic disease characterized by high blood sugar levels, which could damage organs such as the heart, blood vessels, eyes, kidneys, and nerves. One method that could help lower blood sugar levels was physical exercise, such as walking. This study aimed to determine the effect of walking exercise on blood sugar levels in elderly individuals with DM at PSTW Khusnul Khatimah. The study was descriptive in nature and involved two subjects who regularly took metformin. Activities were carried out on June 3, 5, and 12, 2025, through observation and direct interviews. The results showed that after performing 30-minute walking exercises three times a week, the blood sugar level of subject I decreased from 367 mg/dl to 233 mg/dl, and subject II from 172 mg/dl to 102 mg/dl. These findings indicated that walking exercise helped reduce blood sugar levels in elderly individuals with DM. It was recommended that future research involve more subjects, expand the scope of observation, and apply a stronger research design such as an experimental case study.

Keywords: Blood Sugar Levels, Diabetes Mellitus, Elderly, physical Exercise Walking