

ABSTRAK

Rafi Rizal Sambega (2026). Diabetes Melitus (DM) berisiko menimbulkan komplikasi serius seperti *diabetic foot ulcer*. Senam kaki diabetik merupakan upaya preventif non-farmakologis yang efektif, namun penerapannya di komunitas terkendala rendahnya pengetahuan dan keterampilan mandiri pasien. Penelitian deskriptif evaluatif dengan pendekatan studi kasus keperawatan ini bertujuan mengetahui gambaran pengetahuan dan kemampuan senam kaki pasien DM sebelum dan sesudah edukasi kesehatan di Wilayah Kerja Puskesmas Sukosari, Ponorogo. Sampel dipilih menggunakan teknik *purposive sampling* hingga diperoleh 15 responden. Data dianalisis secara deskriptif melalui distribusi frekuensi dan tabulasi silang (*crosstabulation*). Hasil penelitian menunjukkan bahwa sebelum edukasi (*pre-test*), mayoritas kemampuan responden berada dalam kategori kurang sebanyak 12 orang (56,7%). Setelah diberikan edukasi (*post-test*), kemampuan responden meningkat signifikan, dengan mayoritas berkategori baik sebanyak 13 orang (90%) dan cukup sebanyak 2 orang (10%). Analisis tabulasi silang menunjukkan 12 responden (82,4%) yang awalnya berkemampuan kurang berhasil melonjak ke kategori baik. Edukasi kesehatan berbasis metode demonstrasi dan pendampingan terbukti efektif menstimulasi keterampilan psikomotorik pasien. Puskesmas Sukosari disarankan mengintegrasikan edukasi senam kaki ini sebagai program promotif-preventif rutin di Posbindu PTM atau Prolanis demi meminimalkan risiko komplikasi.

Kata Kunci: *Diabetes Melitus, Edukasi Kesehatan, Kemampuan, Senam Kaki DM.*

ABSTRACT

Rfai Rizal Sambega (2026). Diabetes Mellitus (DM) poses a serious risk of complications, such as diabetic foot ulcers. Diabetic foot exercise is an effective non-pharmacological preventive measure; however, its community implementation is often hindered by patients' low independent knowledge and skills. This descriptive evaluative research with a nursing case study approach aimed to describe the knowledge and ability of DM patients regarding foot exercise before and after health education in the Sukosari Public Health Center Working Area, Ponorogo. Samples were selected using a purposive sampling technique, obtaining 15 respondents. Data were analyzed descriptively using frequency distribution and crosstabulation. The results showed that prior to education (pre-test), the majority of respondents' abilities were in the poor category, totaling 12 people (56.7%). Following the health education (post-test), respondents' ability levels significantly improved, with the majority shifting to the good category (13 people/90%) and the sufficient category (2 people/10%). Crosstabulation analysis revealed that 12 respondents (82.4%) who initially had poor skills successfully surged into the good category. Demonstration-based and mentoring-based health education proven effective in stimulating the psychomotor skills of DM patients. Sukosari Public Health Center is advised to integrate this foot exercise education into routine promotive-preventive programs at Posbindu PTM or Prolanis to minimize the risk of diabetic foot complications.

Keywords: *Ability, Diabetes Mellitus, Diabetic Foot Exercise, Health Education.*