

ABSTRAK

Risma Ayu Mahanani (2026).Gambaran Aktivitas Fisik Pada Lansia Penderita Diabetes Melitus Di Wilayah Kerja Puskesmas Jambon Kabupaten Ponorogo.Karya Tulis Ilmiah ,Program Studi D-III Keperawatan (Kampus Kab.Ponorogo), Jurusan Keperawatan, Politeknik Lesehtan Kemenkes Malang,Pembimbing Gandes Widya Hendrawati S.Kep.,Ns.,M.Kep.

Diabetes melitus merupakan penyakit metabolik kronis yang prevalensinya meningkat pada lansia dan berkaitan dengan rendahnya aktivitas fisik yang berdampak pada ketidakstabilan kadar glukosa darah. Penelitian ini bertujuan mengetahui gambaran aktivitas fisik pada lansia penderita diabetes melitus di wilayah kerja Puskesmas Jambon Kabupaten Ponorogo. Desain penelitian menggunakan deskriptif kuantitatif dengan sampel 30 responden melalui teknik purposive sampling. Pengumpulan data menggunakan kuesioner aktivitas fisik (GPAQ/IPAQ) dan pemeriksaan gula darah sewaktu dengan glukometer. Hasil menunjukkan sebagian besar responden memiliki aktivitas fisik ringan (53,3%), diikuti berat (30,0%) dan sedang (16,7%), serta mayoritas memiliki kadar gula darah kategori diabetes (53,3%). Rendahnya aktivitas fisik dipengaruhi oleh penurunan kondisi fisik, keterbatasan aktivitas, dan dominasi aktivitas ringan yang tidak sesuai anjuran.Disarankan lansia meningkatkan aktivitas fisik secara teratur sesuai kemampuan, seperti berjalan kaki atau senam ringan, serta mendapatkan dukungan keluarga dan edukasi dari tenaga kesehatan guna membantu pengendalian kadar gula darah.

Kata kunci: aktivitas fisik, lansia, diabetes melitus, kadar gula darah

ABSTRACT

Risma Ayu Mahanani (2026). Physical Activity Among Elderly Patients with Diabetes Mellitus in the Working Area of Puskesmas Jambon, Ponorogo Regency. Scientific Paper, Diploma III Nursing Program (Ponorogo Campus), Department of Nursing, Poltekkes Kemenkes Malang. Advisor: Gandes Widya Hendrawati, S.Kep., Ns., M.Kep.

Diabetes mellitus is a chronic metabolic disease whose prevalence increases among the elderly and is associated with low physical activity, leading to unstable blood glucose levels. This study aimed to describe the level of physical activity among elderly patients with diabetes mellitus in the working area of Puskesmas Jambon, Ponorogo Regency. This study used a descriptive quantitative design with a sample of 30 respondents selected through purposive sampling. Data were collected using a physical activity questionnaire (GPAQ/IPAQ) and random blood glucose measurements using a glucometer. The results showed that most respondents had low physical activity (53.3%), followed by high (30.0%) and moderate (16.7%) activity, and the majority had blood glucose levels in the diabetes category (53.3%). Low physical activity was influenced by decreased physical condition, activity limitations, and the dominance of light activities that do not meet recommended guidelines. It is recommended that elderly individuals increase regular physical activity according to their abilities, such as walking or light exercise, and receive family support and health education from healthcare providers to help control blood glucose levels.

Keywords: *physical activity, elderly, diabetes mellitus, blood glucose*