

ABSTRAK

Puspa Ayu Maheswari (2026). Gambaran Kemampuan *Balance Exercise Activity* Pasien Diabetes Mellitus di Puskesmas Sukosari Kabupaten Ponorogo. Karya Tulis Ilmiah, Program Studi D3 Keperawatan (Kampus Kab. Ponorogo), Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang. Pembimbing Endang Purwaningsih., S.Kep.Ns., M.Kep.

Diabetes Mellitus merupakan penyakit metabolik kronis yang dapat menyebabkan komplikasi berupa neuropati perifer yang berdampak pada gangguan keseimbangan dan peningkatan risiko jatuh. Upaya preventif diperlukan melalui latihan keseimbangan untuk meningkatkan stabilitas tubuh. Penelitian ini bertujuan untuk mengidentifikasi gambaran kemampuan *Balance Exercise Activity* pada pasien Diabetes Mellitus di Puskesmas Sukosari Kabupaten Ponorogo tahun 2026. Metode penelitian menggunakan desain deskriptif kuantitatif dengan pendekatan cross-sectional, melibatkan 30 responden yang dipilih melalui purposive sampling. Pengumpulan data dilakukan menggunakan observasi terstruktur terhadap tujuh gerakan latihan keseimbangan dengan sistem skoring yang dikonversi menjadi persentase. Hasil analisis menunjukkan bahwa sebagian besar responden berada pada kategori cukup (50%), diikuti kategori baik (40%) dan kurang (10%). Kemampuan tertinggi terdapat pada gerakan jalan menyamping (93,3%) dan terendah pada jalan tandem (63,3%). Hal ini menunjukkan bahwa kemampuan keseimbangan pasien belum optimal dan berisiko mengalami jatuh. Solusi yang direkomendasikan adalah penerapan *Balance Exercise Activity* secara rutin, terstruktur, dan berbasis edukasi keperawatan di pelayanan kesehatan primer guna meningkatkan keseimbangan dan mencegah komplikasi lebih lanjut.

Kata kunci: Diabetes Mellitus, *Balance Exercise Activity*

ABSTRACT

Puspa Ayu Maheswari (2026). *An Overview of Balance Exercise Ability in Patients with Diabetes Mellitus at Sukosari Community Health Center, Ponorogo Regency. Academic Paper, Diploma III Program Nursing (Campus Kab. Ponorogo), Department of Nursing, Politeknik Kesehatan Kemenkes Malang. Supervisor Endang Purwaningsih., S.Kep.Ns., M.Kep.*

Diabetes Mellitus is a chronic metabolic disease that may lead to complications such as peripheral neuropathy, which can impair balance and increase the risk of falls. Preventive efforts are required through balance exercises to improve body stability. This study aimed to identify the level of Balance Exercise Activity among patients with Diabetes Mellitus at the Sukosari Public Health Center, Ponorogo Regency, in 2026. The study employed a descriptive quantitative design with a cross-sectional approach, involving 30 respondents selected through purposive sampling. Data were collected using structured observations of seven balance exercise movements, with a scoring system converted into percentages. The results showed that most respondents were in the moderate category (50%), followed by good (40%) and poor (10%). The highest performance was observed in sideways walking (93.3%), while the lowest was in tandem walking (63.3%). These findings indicate that the patients' balance ability is not yet optimal and that they remain at risk of falling. The recommended solution is the regular and structured implementation of Balance Exercise Activity, supported by nursing education in primary healthcare settings, to improve balance and prevent further complications.

Keywords: Diabetes Mellitus, Balance Exercise Activity