

ABSTRACT

EFFECT OF DIABETES GYMNAS TIC TO BLOOD GLUCOSE LEVEL ON DIABETES GYMNAS TIC GROUP IN RUMAH SAKIT ABDUL MOELOEK BANDAR LAMPUNG

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Diabetes mellitus (DM) has become the fourth leading cause of death in the world. Every year 3,2 million death caused by diabetes. The number is expected to continue because changes of life style. Aerobic exercises recommended for decreasing blood glucose level, one of aerobic exercise is gymnastic.

Diabetes gymnastic is for patient of diabetes mellitus. Diabetes gymnastic effective to decreasing blood glucose level and accelerating peripheral blood circulation. This study aimed to determine effect of diabetes gymnastic to blood glucose level on diabetes gymnastic group in Rumah Sakit Abdul Moeloek Bandar Lampung.

This study was experimental study with *pre-post test only one group design*. The sample consisted of 38 DM patient and already followed gymnastic for 3 weeks. Data was analyzed with normality test *Shapiro-Wilk*, meanwhile too know correlation between variable used parametric test, Paired Samples T-test.

The result show there are effect of diabetes gymnastic to blood glucose level with p value 0,001. Lead to the objection of Ho. Diabetes gymnastic effective to decreasing blood glucose level on diabetes patients.

Keyword: blood glucose level, diabetes mellitus, diabetes gymnastic.