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Pilihanna, mslihanna21@gmail.com**

Mursidah Dewi, SKM, M.Kep, Yelyanda, Ners. M.Kep

**PENGARUH SENAM KAKI DIABETES TERHADAP SIRKULASI
PERIFER PADA PENDERITA DIABETES MELITUS TIPE II DI
PUSKESMAS SIMPANG IV SIPIN KOTA JAMBI**

ABSTRAK

Salah satu bentuk latihan fisik untuk meningkatkan sirkulasi perifer yaitu berupa senam kaki diabetik. Tujuan penelitian ini yaitu untuk mengetahui pengaruh senam kaki diabetes terhadap sirkulasi perifer pada penderita diabetes melitus di puskesmas simpang IV sipin kota jambi. Desain penelitian ini menggunakan desain *quasi eksperimen* dengan pendekatan *one group pre test and post test with control group* dengan salah satu kelompok responden sebagai kelompok intervensi sebanyak 24 responden dan salah satu kelompok sebagai kelompok kontrol sebanyak 24 responden. Teknik pengambilan sampel dengan Teknik *purposive sampling*. Penelitian ini dilaksanakan pada tanggal 22 mei 2025 sampai 31 mei 2025. Hasil penelitian ini membuktikan adanya perbedaan antara sirkulasi darah sebelum dilakukannya intervensi senam kaki dan setelah dilakukan senam kaki. Berdasarkan uji *paired sample T Test* didapatkan nilai *P-Value* = 0.011 (*P-Value* < 0.05) uji Independent T Test diperoleh nilai *P-Value* = 0.705 (*P-Value* > 0.05). Dari pernyataan tersebut maka disimpulkan bahwa adanya pengaruh antara senam kaki diabetes terhadap sirkulasi perifer yang ditandai dengan meningkatnya nilai ABI setelah dilakukan senam kaki diabetes pada penderita diabetes melitus tipe II di puskesmas simpang IV sipin kota jambi namun tidak signifikan antara kelompok intervensi dan kelompok kontrol.

Kata Kunci : Sirkulasi Perifer, Senam Kaki Diabetes, DM tipe II

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The Choice, mslihanna21@gmail.com

Mursidah Dewi, SKM, M.Kep, Yelyanda, Ners. M.Kep

**THE EFFECT OF DIABETIC FOOT GYMNASTICS ON PERIPHERAL
CIRCULATION IN PATIENTS WITH TYPE II DIABETES MELLITUS
AT THE SIMPANG IV SIPIN HEALTH CENTER, JAMBI CITY**

ABSTRACT

One form of physical exercise to improve peripheral circulation is in the form of diabetic foot gymnastics. The purpose of this study is to determine the effect of diabetic foot exercises on peripheral circulation in patients with diabetes mellitus at the Simpang IV Sipin, Jambi City Health Center. The design of this study uses *a quasi experimental* design with a one group *pre test and post test with control group* approach with one group of respondents as the intervention group of 24 respondents and one group as the control group of 24 respondents. Sampling technique with *purposive sampling technique*. This research was carried out from May 22, 2025 to May 31, 2025. The results of this study prove that there is a difference between blood circulation before foot exercise intervention and after foot exercise intervention. Based on *the paired sample T Test* , a *P-Value* = 0.011 (*P-Value* <0.05) was obtained from the Independent T Test with a *P-Value value* = 0.705 (*P-Value* >0.05). From this statement, it was concluded that there was an effect between diabetic foot gymnastics on peripheral circulation which was characterized by an increase in the value of ABI after diabetic foot exercises were performed in patients with type II diabetes mellitus at the Simpang IV Sipin Health Center, Jambi City, but it was not significant between the intervention group and the control group.

Keywords: Peripheral Circulation, Diabetic Foot Exercises, Type II DM
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