

ABSTRAK

David Septian Siregar, ” STUDI LITERATUR EFEK LATIHAN JALAN CEPAT (*BRISK WALKING*) DAN JALAN SANTAI TERHADAP PENURUNAN KADAR GULA DARAH PADA PENDERITA DIABETES MELLITUS TIPE 2”.

(Pembimbing: Prof. Dr. Fajar Apollo Sinaga, S.Si., M.Si., Apt)

Skripsi: Fakultas Ilmu Keolahragaan UNIMED 2025.

Diabetes mellitus tipe 2 merupakan masalah kesehatan global dengan prevalensi tinggi, termasuk di Indonesia. Hiperglikemia kronis dapat memicu komplikasi serius, sehingga diperlukan intervensi non-farmakologis seperti latihan fisik. Jalan cepat (*brisk walking*) dan jalan santai telah terbukti menurunkan kadar gula darah, namun efektivitas komparatif keduanya belum banyak diteliti. Penelitian ini bertujuan untuk menganalisis perbedaan efek jalan cepat dan jalan santai terhadap penurunan kadar gula darah pada penderita Diabetes mellitus tipe 2. Penelitian ini menggunakan metode Systematic Literature Review dengan pendekatan PRISMA. Data diambil melalui pencarian di database jurnal nasional dan internasional menggunakan website Google Scholar, Pubmed, Science direct, dan Perpustakaan Nasional. Hasil penelitian didapatkan total 31.397 Google Scholar (27.051), Pubmed (397), Science direct (3.464), dan Perpustakaan Nasional (485) Artikel dipilih setelah dibaca seluruhnya sesuai dengan kriteria inklusi sehingga didapatkan 13 artikel. Berdasarkan pengkajian artikel Jalan cepat (intensitas sedang, 20–60 menit/sesi, 3x/minggu) menurunkan kadar gula darah dan HbA1c secara signifikan melalui peningkatan sensitivitas insulin, sedangkan Jalan santai (intensitas ringan, 30 menit/sesi) efektif menurunkan gula darah akut, terutama pada pasien dengan mobilitas terbatas, meski efek jangka panjang kurang konsisten. Berdasarkan hasil literatur, Kedua latihan efektif menurunkan kadar gula darah, tetapi jalan cepat lebih optimal untuk hasil jangka panjang. Pemilihan jenis latihan harus disesuaikan dengan kondisi pasien.

Kata Kunci: Diabetes Mellitus Tipe 2, Jalan Cepat, Jalan Santai, Kadar Gula Darah, Studi Literatur, *Brisk Walking*

ABSTRACT

David Septian Siregar, "LITERATURE REVIEW STUDY ON THE EFFECTS OF BRISK WALKING AND LEISURE WALKING ON BLOOD SUGAR LEVEL REDUCTION IN PATIENTS WITH TYPE 2 DIABETES MELLITUS".

(Mentor: Prof. Dr. Fajar Apollo Sinaga, S.Si., M.Si., Apt)

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Type 2 diabetes mellitus is a global health issue with high prevalence, including in Indonesia. Chronic hyperglycemia can trigger serious complications, thus non-pharmacological interventions such as physical exercise are needed. Brisk walking and leisurely walking have been shown to reduce blood glucose levels, but comparative studies on their effectiveness are still limited. This study aims to analyze the differences in the effects of brisk walking and leisurely walking on lowering blood glucose levels in patients with type 2 diabetes mellitus. This research uses a Systematic Literature Review method with a PRISMA approach. Data were collected through searches in national and international journal databases using Google Scholar, PubMed, ScienceDirect, and Perpusnas. The total number of articles found was 31,397: Google Scholar (27,051), PubMed (397), ScienceDirect (3,464), and Perpusnas (485). After applying inclusion criteria and full-text review, 13 articles were selected. Based on the analysis, brisk walking (moderate intensity, 20–60 minutes/session, 3 times/week) significantly lowers blood glucose and HbA1c levels through increased insulin sensitivity, while leisurely walking (light intensity, 30 minutes/session) is effective in reducing acute blood glucose, especially in patients with limited mobility, although its long-term effects are less consistent. Based on the literature, both exercises are effective in lowering blood glucose levels, but brisk walking is more optimal for long-term outcomes. The choice of exercise should be tailored to the patient's condition.

Keywords: Type 2 Diabetes Mellitus, Brisk Walking, Leisurely Walking, Blood Glucose Levels, Literature Review