ABSTRAK

REKA DEBORA KALISTA ARITONANG NIM. 6213510003 Pengaruh Latihan Jalan Terhadap Kadar Gula Darah Penderita Diabetes Desa Sungai Meranti.
(Pembimbing : Rosmaini Hasibuan)
Skripsi, Fakultas Ilmu Keolahragaan, UNIMED Tahun 2025.

Tujuan penelitian ini adalah untuk mengetahuin pengaruh latihan jalan selama 30 menit terhadap kadar glukosa darah penderita diabetes melitus tipe II Desa Sungai Meranti.

Penelitian ini menggunakan metode eksperimen, latihan diberikan selama 6 minggu (18 kali pertemuan). Subjek penelitian terdiri dari 10 orang ibu-ibu berusia 40-50 tahun yang menderita diabetes tipe II, berdomisili di Desa Sungai Meranti Kecamatan Pinggir, Kabupaten Bengkalis. Teknik pengambilan subjek secara *purposive sampling* diperoleh 10 orang ibu-ibu berusia 40-50 tahun yang menderita diabetes tipe II.

Untuk mengetahui pengaruhnya digunakan statistik dengan uji–t. Hasil analisis dengan uji – t menunjukan bahwa Ada Pengaruh Latihan Jalan Terhadap Kadar Glukosa Darah Penderita Diabetes Desa Sungai Meranti Kecamatan Pinggir, Kabupaten Bengkalis". Berdasarkan hasil penelitian, rata rata *pre test* (152,60) mengalami penurunan dibandingkan *post test* (146,70), dapat diartikan bahwa setelah melakukan jalan selama 30 menit kadar glukosa dalam darah mengalami penurunan.

Kata Kunci: Jalan kaki, glukosa, darah

THE Character Building UNIVERSITY

ABSTRACT

REKA DEBORA KALISTA ARITONANG Student ID: 6213510003 The Effect of Walking Exercise on Blood Glucose Levels in Diabetes Patients in Sungai Meranti Village
(Supervisor: Rosmaini Hasibuan)
Thesis, Faculty of Sports Science, Universitas Negeri Medan (UNIMED), 2025.

The purpose of this study was to determine the effect of 30-minute walking exercises on the blood glucose levels of type II diabetes mellitus patients in Sungai Meranti Village.

This research used an experimental method, with the walking exercise conducted over a period of 6 weeks (18 sessions). The research subjects consisted of 10 women aged 40–50 years who had been diagnosed with type II diabetes and resided in Sungai Meranti Village, Pinggir District, Bengkalis Regency. The subjects were selected using purposive sampling, resulting in 10 women fitting the specified criteria.

To determine the effect, statistical analysis was carried out using the t-test. The results showed that walking exercise had a significant effect on reducing blood glucose levels in diabetes patients in Sungai Meranti Village, Pinggir District, Bengkalis Regency. Based on the research results, the average pre-test blood glucose level (152.60 mg/dL) decreased in the post-test (146.70 mg/dL), indicating that walking for 30 minutes led to a reduction in blood glucose levels.

Keywords: Walking, glucose, blood

THE Character Building UNIVERSITY