

**PENGARUH *TAI CHI FOR DIABETES* (TCD) TERHADAP
PERUBAHAN TINGKAT DEPRESI DAN KADAR GLUKOSA
DARAH PADA PENDERITA DIABETES MELITUS TIPE 2
DI WILAYAH KELURAHAN POLEHAN
KOTA MALANG**

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ABSTRAK

Latar Belakang : Diabetes melitus merupakan penyakit *silent killer* yang dapat menyebabkan berbagai masalah kesehatan. Selain itu, pada pasien diabetes melitus dapat mengalami resiko depresi 3 kali lipat dibandingkan masyarakat umum. Salah satu penatalaksanaan pada penderita diabetes melitus adalah dengan latihan jasmani berupa senam tai chi. Tujuan penelitian ini untuk menganalisa pengaruh *Tai Chi for Diabetes* (TCD) terhadap perubahan tingkat depresi dan kadar glukosa darah pada penderita diabetes melitus tipe 2.

Metode : Penelitian ini menggunakan metode *quasy experiment* dengan pendekatan *pre post test with control group design* dengan total sampel 44 responden yang dibagi menjadi dua kelompok. Kelompok intervensi 22 responden diberikan senam TCD 2 kali dalam seminggu selama 4 minggu, sedangkan kelompok kontrol 22 responden diobservasi tanpa diberikan senam TCD. Teknik sampling yang digunakan adalah *simple random sampling* dan uji analisis menggunakan *wilcoxon test* dan *Mann-Whitney test*.

Hasil : Pengukuran sebelum dan sesudah TCD didapatkan nilai tingkat depresi dan kadar glukosa darah pada kelompok intervensi mengalami penurunan dimana nilai *mean* depresi 5,27 dan nilai *mean* glukosa darah 30,50 sedangkan pada kelompok kontrol mengalami peningkatan dimana nilai *mean* depresi 1,22 dan nilai *mean* glukosa darah 13,22.

Kesimpulan : Penelitian ini membuktikan bahwa TCD efektif menurunkan tingkat depresi dan kadar glukosa darah pada penderita diabetes melitus tipe 2.

Saran : Dibutuhkan penelitian lanjutan tentang TCD dalam upaya mengatasi permasalahan pada penderita diabetes melitus tipe 2 serta penerapan TCD dalam pelayanan kesehatan sebagai salah satu penatalaksanaan penderita diabetes melitus dalam mengontrol penyakitnya.

Kata Kunci : TCD, Diabete Melitus, Tingkat Depresi, Kadar Glukosa Darah

THE EFFECTS OF TAI CHI FOR DIABETES (TCD) TOWARD THE CHANGING OF DEPRESSION LEVEL AND BLOOD SUGAR LEVEL ON DIABETES MELLITUS TYPE 2 PATIENTS IN POLEHAN, MALANG CITY

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ABSTRACT

Background: *Diabetes mellitus is a silent killer that may cause health problem. Besides, the diabetes mellitus patients may have depression risk 3 times more than common people. One of the treatments for diabetes mellitus patients are by doing physical exercise, such as tai chi gymnastics. This research aims to analyze the effects of Tai Chi for Diabetes toward the changing of depression level and blood sugar level on diabetes mellitus type 2 patients.*

Methodology: *This research used quasy experiment method with pre post test control group design approach. The total number was 44 respondents and they were divided into two groups. The intervention group which consist of 22 respondents were given TCD gymnastics twice a week for 4 weeks, while the control group which consist of 22 respondents were observed without the gymnastics. The sampling technique used was simple random sampling and the analysis test used wilcoxon test and Mann-Whitney test.*

Result: *The before and after measurement of TCD showed that the value of depression level and blood sugar in the intervention group decreased in which the mean of the depression was 5,27 and the mean of blood glucose was 30,50. Whereas in the control group, the depression level increased in which the mean of it was 1,22 and the mean of blood glucose was 13,22.*

Conclusion: *this research proved that TCD is effectively decreasing the level of depression and the blood glucose level on diabetes mellitus type 2 patients.*

Suggestion: *It is needed further research about TCD which aimed to resolve the problems on diabetes mellitus type 2 patients and also the application of TCD in health service as one of the treatment for the diabetes mellitus patients in controlling their disease.*

Key Words: *TCD, Diabetes Mellitus, Depression Level, Blood Glucose Level*