ABSTRAK

EFEK KERJA SENAM LANSIA TERHADAP PENURUNAN KADAR GULA DARAH PADA LANSIA POSBINDU (POS PEMBINAAN TERPADU) BUNGA PONDOK GEDE

Tujuan dari penelitian ini adalah untuk mengetahui efek kerja dengan melakukan senam lansia terhadap penurunan kadar gula (glukosa) darah pada lansia Posbindu Bunga Pondok Gede. Penelitian ini dilaksanakan pada 6 Juli 2019 di Posbindu Bunga. Metode penelitian yang digunakan yaitu *One Group Pre Test and Post Test Design* yaitu rancangan sebelum dan sesudah intervensi menggunakan satu kelompok kemudian dilakukan analisis dan pengolahan data statistika. Teknik pengambilan sampel yang digunakan yaitu *Purposive Sampling* dengan jumlah sampel 23 orang.

Hasil analisis data menunjukkan bahwa terdapat perubahan yang signifikan terhadap kadar gula darah awal dan akhir pada sampel dengan perbedaan rata-rata (M_d) 20, 608 lalu perbedaan standar deviasi (SD_d) 19,944, perbedaan rata-rata standar error (SE_{md}) 4,252 serta T-hitung 4,846 dan T-tabel 2,073 menjadikan hipotesis nihil (H_0) ditolak dan hipotesis alternatif (H_i) diterima.

Kata Kunci : senam lansia, gula darah, posbindu

ABSTRACT
WORKING EFFECTS OF ELDERLY GYMNASTICS TO REDUCTION OF BLOOD SUGAR LEVELS IN ELDERLY OF INTEGRATED COACHING POS (POSBINDU) BUNGA PONDOK GEDE

The purpose of this study was to determine the effect of work by exercising the elderly on decreasing blood sugar (glucose) levels in the elderly Posbindu Bunga Pondok Gede. This research was conducted on July 6, 2019 in Posbindu Bunga. The research method used is the One Group Pre Test and Post Test Design that is the design before and after the intervention using one group and then the analysis and processing of statistical data is done. The sampling technique used is purposive sampling with a sample of 23 people.

The results of data analysis showed that there were significant changes in the initial and final blood sugar levels in the sample with an average difference (M_d) of 20,608 and then a difference in standard deviations (SD_d) 19,944, differences in the average standard error (SE_{md}) 4,252 and T-count 4,846 and T-table 2,073 make the null hypothesis (H_0) rejected and the alternative hypothesis (H_i) accepted.

Keywords : elderly gymnastics, blood sugar, posbindu