

Pengaruh Kombinasi Pijat Refleksi Kaki Dan Berendam Di Air Garam Hangat Terhadap Sensitivitas Kaki Penderita Dm Tipe 2

Surya Wahyuni^{1*}, Uki Noviana², Khudazi Aulawi³

¹Magister Keperawatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada

²Departemen Keperawatan Jiwa dan Komunitas, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada

³Departemen Keperawatan Medikal Bedah, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada

INTISARI

Latar Belakang: Prevalensi kasus DM di Indonesia semakin meningkat yang mengakibatkan peningkatan kejadian komplikasi DM seperti penurunan sensitivitas kaki. Penanganan yang dapat dilakukan yaitu memberikan terapi non farmakologis.

Tujuan: Mengetahui pengaruh kombinasi pijat refleksi kaki dan berendam di air garam hangat terhadap sensitivitas kaki penderita DM Tipe 2.

Metode: Desain penelitian *quasy experiment* dengan 34 responden kelompok intervensi dan kontrol. Teknik pengambilan sampel *consecutive sampling*. Pengukuran sensitivitas ke dua kaki dengan *monofilament test* 10g diukur pada hari pertama dan hari terakhir penelitian. Intervensi 2 kali seminggu selama 4 minggu dengan waktu 40 menit dan 30 kali penekanan pada setiap titik pijat. Air yang digunakan 5 liter, suhu 40°C, garam 3 sdm. Analisis statistik yaitu *Wilcoxon Test* dan *Mann Whitney Test* dan uji *size effect* menggunakan *cohen's d*.

Hasil: Hasil uji *Wilcoxon* kelompok eksperimen untuk ke dua kaki $p=0,001$, kelompok kontrol untuk kaki kanan $p=0,078$ dan kaki kiri $p=0,512$. Hasil uji *Mann Whitney* didapatkan nilai $p=0,001$. Hasil uji besar efek (*effect size*) pada kaki kanan 2,39 dan kaki kiri 1,84 (nilai *effect size* >0,8). Berdasarkan uji statistik ditemukan variabel luar yang mencakup usia, jenis kelamin, pendidikan, riwayat merokok, lama menderita DM, diet, aktivitas fisik, obat farmakologis yang dikonsumsi tidak ada hubungan dengan perubahan sensitivitas kaki ($p > 0.05$).

Simpulan: Kombinasi terapi pijat refleksi kaki dan berendam di air garam hangat secara signifikan dapat meningkatkan sensitivitas kaki penderita DM Tipe 2 dan terapi memiliki efek besar pada sensitivitas kedua kaki.

Kata Kunci: Diabetes Melitus, Sensitivitas Kaki, Pijat Refleksi Kaki, Rendaman Air Garam Hangat

The Effect of a Combination of Foot Reflexology and Soaking in Warm Salt Water on Foot Sensitivity in Type 2 DM Patients

Surya Wahyuni^{1*}, Uki Noviana², Khudazi Aulawi³

¹Master of Nursing, Faculty of Medicine, Public Health, and Nursing, Gadjah Mada University

²Department of Mental and Community Nursing, Faculty of Medicine, Public Health, and Nursing, Gadjah Mada University

³Department of Medical Surgical Nursing, Faculty of Medicine, Public Health, and Nursing, Gadjah Mada University

ABSTRACT

Background: The prevalence of DM cases in Indonesia is increasing which results in an increased incidence of DM complications such as decreased foot sensitivity. Treatment that can be done is to provide non-pharmacological therapy.

Objective: to determine the effect of combination of foot reflexology and soaking in warm salt water on the sensitivity of the feet of people with Type 2 DM.

Method: Quasy experimental research design with 34 respondents in the intervention and control groups. The sampling technique was consecutive sampling. Measurement of the sensitivity of the two legs with 10g monofilament test was measured on the first day and the last day of the study. Intervention 2 times a week for 4 weeks with a time of 40 minutes and 30 times the emphasis on each massage point. Water used 5 liters, temperature 40°C, salt 3 tbsp. Statistical analysis, namely the Wilcoxon Test and Mann Whitney Test and the size effect test using Cohen's d.

Results: The results of the Wilcoxon test for the experimental group for both legs $p=0.001$, for the control group for the right leg $p=0.078$ and the left leg $p=0.512$. The Mann Whitney test results obtained $p = 0.001$. The results of the effect size test on the right leg were 2.39 and 1.84 on the left leg (effect size value > 0.8). Based on statistical tests, it was found that external variables including age, gender, education, smoking history, duration of diabetes mellitus, diet, physical activity, pharmacological drugs consumed had no relationship with changes in foot sensitivity ($p > 0.05$).

Conclusion: The combination of foot reflexology therapy and soaking in warm salt water can increase the sensitivity of the feet of Type 2 DM sufferers significantly and therapy has a major effect on the sensitivity of both feet.

Keywords: Diabetes Mellitus, Foot Sensitivity, Foot Reflexology, Warm Salt Water Soak