IMPLEMENTATION OF LIGHT WALKING ON BLOOD GLUCOSE LEVELS IN PATIENTS WITH TYPE 2 DIABETES MELLITUS IN DUKUH VILLAGE, SUKOHARJO

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ABSTRACT

***Background*:** *Type 2 diabetes mellitus is a metabolic disorder characterized by elevated blood glucose levels due to impaired insulin function, which leads to uncontrolled blood sugar levels caused by a lack of physical activity, including walking. Walking is a low-impact physical activity that can be used as a nonpharmacological therapy to help control blood sugar levels.* ***Objective*:** *To determine the effects of walking on blood sugar levels in patients with type 2 diabetes mellitus.* ***Method*:** *This study employed a descriptive method using a case study design involving two participants with type 2 diabetes mellitus. The walking intervention consisted of 30-minute sessions, three times in a row each week. Blood glucose levels were measured using a glucometer.* ***Results*:** *After engaging in the physical activity of walking, both participants experienced a decrease in blood sugar levels. Ny. P's blood sugar level decreased from 209 mg/dL to 183 mg/dL (a decrease of 26 mg/dL), while Ny. I's decreased from 280 mg/dL to 251 mg/dL (a decrease of 29 mg/dL).* ***Conclusion*:** *The incorporation of walking as a form of physical activity has been shown to reduce blood sugar levels in people with type 2 diabetes mellitus.*

***Keywords*:** *Type 2 Diabetes Mellitus, Walking, Blood Sugar Levels*