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| Mat Holil<br>NIM 21142010068<br>Nursing Study program                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Advisor<br>Agus Priyanto.,S.Kep.,Ns.,MAP.,M.Kep<br>NIDN. 0706089003 |
| <p style="text-align: center;"><b>THE RELATIONSHIP OF PHYSICAL ACTIVITY AND ANKLE BRACHIAL INDEX (ABI) VALUE AS EARLY DETECTION OF PERIPHERAL ARTERIAL DISEASE (PAD) TYPE II DIABETES MELLITUS</b></p> <p style="text-align: center;"><i>(Study at the Posyandu Elderly Village, Mlajah Village, Bangkalan Regency)</i></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                     |
| <p><b>ABSTRACT</b></p> <p><i>Elderly experience an increased risk of degenerative diseases, one of which is diabetes mellitus, Diabetes Mellitus is a disease that arises due to high blood sugar levels hyperglycemia, Ankle Brachial Index (ABI) is the ratio of systolic pressure in the leg to systolic pressure in the arm that can be measured quickly and easily as an examination of peripheral arterial disease. The purpose of study is to determine the Relationship Between Physical Activity and Ankle Brachial Index (ABI ) Values as Early Detection of Peripheral Arterial Disease (PAD) Type II Diabetes Mellitus.</i></p> <p><i>The research design used was cross-sectional analytic. The population in this study were the elderly at the Posyandu Lansia, Mlajah Village, Bangkalan Regency with a sample size of 42 respondents with a purposive sampling technique, the instrument of the independent variable was physical activity using the PASE questionnaire and the dependent variable was the ABI value using the SOP. Data analysis using the Spearman rank correlation test.</i></p> <p><i>The research results showed that 21 respondents (50%) of their physical activity was in the moderate category and almost half of the respondents (38.1%) had ABI PAD value in the light category. Spearman Rank correlation test results p value= 0.00 and r= 0.633. This means that there is a relationship between physical activity and the ankle brachial index (ABI) value. Activities that do not rest enough or rarely moving will cause a decrease in cell sensitivity to insulin, which will have an impact on the ABI value, this is due to lack of activity. This research recommends that diabetes mellitus sufferers optimize control of their blood sugar levels by doing physical activity</i></p> <p><i>This research recommends that diabetes mellitus sufferers optimize control of their blood sugar levels by doing physical activity</i></p> |                                                                     |
| <p><b>Keywords: Physical Activity, Diabetes Mellitus, Ankle Brachial Index (ABI)</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                     |