***ABSTRACT***

***The Effect of Diabetic Foot Exercise Combined with Acupressure on Blood Sugar Levels in Diabetes Mellitus Patients***

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*Diabetes mellitus is a chronic disease that has become a global health problem and one of the leading causes of death worldwide, including in Indonesia. Diabetes mellitus can lead to increased blood sugar levels, posing a serious health concern. The complications arising from diabetes mellitus can be life-threatening, making blood sugar control essential in preventing these complications. This study aims to determine the effect of diabetic foot exercise combined with acupressure on blood sugar levels in diabetes mellitus patients at UPTD Puskesmas Mengwi I. This research employs a Pre-Experimental Design using a One-Group Pretest-Posttest Design. The sample consists of 22 diabetes mellitus patients at UPTD Puskesmas Mengwi I who met the inclusion and exclusion criteria. The average blood sugar level before the intervention was 251 mg/dL, while after the intervention, it was 160 mg/dL. Normality testing using the Shapiro-Wilk Test showed a p-value of 0.002 before the intervention and 0.092 after the intervention, which was < α (0.05). The data were further analyzed using the Wilcoxon Signed Rank Test, which showed a p-value of 0.000(< α 0.05), indicating a significant difference in blood sugar levels before and after the intervention, as demonstrated by the negative ranks. It is recommended that diabetes mellitus patients practice diabetic foot exercises and acupressure therapy independently every three consecutive days per week to help manage and control their blood sugar levels effectively.*

***Keywords: Acupressure, Diabetic Foot Exercises and Diabetes Mellitus Patients***