

TERAPI RELAKSASI OTOT PROGRESIF UNTUK PENURUNAN KADAR GULA DARAH PADA PENDERITA DIABETES MELLITUS

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Background: Diabetes Mellitus is a collection of symptoms in a person caused by an increase in blood glucose levels due to a progressive decrease in insulin secretion by insulin resistance. This situation is characterized by the inability of the organs to use insulin, so that insulin cannot function optimally in regulating glucose metabolism. **Purpose:** The purpose of this video is to provide information on non-pharmacological therapies, namely progressive muscle relaxation therapy tutorials for reducing blood sugar levels. **Methods:** The method used is to use IEC media, namely video, which is expected to be a source of information about progressive muscle relaxation that can reduce blood sugar levels in people with diabetes mellitus. **Results:** The results of the video will be submitted to the IPR at Aisyiyah University, Surakarta and especially for people with diabetes mellitus so that they can apply progressive muscle relaxation therapy to reduce blood sugar levels. **Conclusion:** As a medium of education, health, educational media for the public, especially diabetes mellitus sufferers, to increase knowledge about progressive muscle relaxation to reduce blood sugar levels.

Keywords: *Diabetes mellitus, progressive muscle relaxation, Video*