

AUTOGENIC RELAXATION EDUCATION EFFORTS TO REDUCE BLOOD SUGAR LEVELS THROUGH THE MEDIA BOOKLET

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SUMMARY

Background; *Diabetes Mellitus (DM) is a group of metabolic diseases characterized by hyperglycemia resulting from failure of insulin secretion, insulin action, or both. Diabetes mellitus sufferers in Indonesia aged > 15 years experienced an increase from 6.9% in 2013 to 8.5% in 2018. Management of diabetes mellitus is directed at 4 ways to control blood sugar levels, namely; therapy using drugs or pharmacology, nutrition and nutrition therapy, education on how to self-manage diabetes, and physical activity. Controlling blood sugar levels can be carried out in several ways, including relaxation therapy, which includes PMR, Benson, deep breathing, and autogenic relaxation. Autogenic relaxation can lower blood sugar levels and blood pressure, working by regulating the hormone cortisol and other stress hormones. Knowledge improvement can be obtained through education with booklets. Small booklets can be carried everywhere and contain information.* **Method;** *The IEC output method used was to use a booklet containing autogenic relaxation methods as an effort to reduce blood sugar levels.* **Result;** *The resulting project output is in the form of a booklet entitled "Lowering Blood Sugar Levels with Autogenic Relaxation".* **Conclusion;** *This booklet was created to increase the knowledge of readers, especially diabetes mellitus sufferers, about relaxation methods as an effort to reduce blood sugar levels.*

Keywords: *Diabetes Mellitus, Autogenic Relaxation, Booklet*