

**PENERAPAN TERAPI RELAKSASI OTOT PROGRESIF TERHADAP  
KADAR GULA DARAH PADA PENDERITA DIABETES MELLITUS  
TIPE II DI KELURAHAN PALUR MOJOLABAN SUKOHARJO**

Muhammad Adi Setyawan<sup>1</sup>, Ida Nur Imamah<sup>2</sup>  
[adisetyawanm@gmail.com](mailto:adisetyawanm@gmail.com)  
Universitas 'Aisyiyah Surakarta

**ABSTRACT**

**Background:** Indonesia is included in the high incidence of blood sugar levels. Data found by type 2 Diabetes Mellitus in Indonesia reached 1.5% or about 4.1 million people out of the total population. **Objective:** Knowing the differences before and after the application of progressive muscle relaxation therapy to blood sugar levels in type 2 diabetes mellitus. **Method :** This type of research is descriptive research. Descriptive research is a study conducted with the primary purpose of providing an objective description of a state. **Result:** Type 2 DM treatment with the application of PMR therapy is given 6 times, 2 times in one day every morning and afternoon. The application of this therapy is given for 3 days, the therapy is done for 15 minutes in one meeting. This therapy can lower the patient's sugar level. **Conclusion:** The application of progressive muscle relaxation therapy can lower blood sugar levels in people with DM II.

**Keywords:** Type II diabetes mellitus, Progesive muscle relaxation, diabetics mellitus.