

**APPLICATION OF PROGRESSIVE MUSCLE RELAXATION TO BLOOD
SUGAR LEVELS OF TYPE 2 DIABETES MELITUS IN JENGGLONG
VILLAGE KARANGANYAR DISTRICT**

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ABSTRACT

Background: *Diabetes Mellitus (DM) is a group of metabolic diseases characterized by hyperglycemia. Type 2 diabetes mellitus is the most common type of diabetes mellitus, accounting for about 90% of all diabetes cases. If not treated immediately can cause damage to the eyes, kidneys, heart disease, hypertension, stroke and even cause gangrene. One of the non-pharmacological treatments is progressive muscle relaxation therapy.* **Objective:** *To determine changes in blood sugar levels in patients with type 2 diabetes mellitus before and after progressive muscle relaxation therapy.* **Method:** *Descriptive method with a case study approach to 2 respondents in Jengglong Hamlet, Karanganyar Regency. The duration of giving progressive muscle relaxation therapy to respondents was 20 minutes in the morning and evening for 7 days from 25 May 2023 to 31 May 2023.* **Results:** *The blood sugar levels of the two respondents before applying progressive muscle relaxation therapy were 243 mg/dL and 255 mg/dL. After application, blood sugar levels dropped to 167 mg/dL and 221 mg/dL.* **Conclusion:** *The application of progressive muscle relaxation is able to reduce blood sugar levels in both type 2 diabetes mellitus patients in Jengglong Hamlet, Karanganyar Regency.*

Keywords: *Blood Sugar Levels, Type 2 Diabetes Mellitus, Progressive Muscle Relaxation Therapy.*