

**THE APPLICATION OF DHIKR THERAPY ON BLOOD SUGAR LEVELS  
IN ELDERLY WITH DIABETES MELLITUS IN LAVENDER RSUD IR.  
SOEKARNO KABUPATEN SUKOHARJO**

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**ABSTRACT**

**Background;** Elderly is the final period of the entire life span which is synonymous with downward changes. Diseases that are often suffered by the elderly include types of non-communicable diseases such as diabetes mellitus. Diabetes management can be done physically, psychologically and spiritually. One of the spiritual management of diabetes is dhikr and prayer. **The objectives of the research;** Knowing the results of applying dhikr therapy to blood sugar levels in the elderly with diabetes mellitus in the Lavender Ward of Ir. Soekarno, Sukoharjo Regency. **Method;** The application of this dhikr therapy uses the case study method, which was conducted on 2 respondents with diabetes mellitus. **Results;** The application of dhikr therapy was carried out for 3 days with a duration of 25 minutes in one treatment, resulting in a decrease in blood sugar levels in each respondent. The blood sugar level in respondent 1 before performing dhikr therapy obtained a value of 263 mg/dl, after performing dhikr therapy it became 146 mg/dl. Whereas in respondent 2, the blood sugar level before performing dhikr therapy was 211 mg/dl and after performing dhikr therapy it dropped to 102 mg/dl. **Summary;** Dhikr therapy has an effect on changes in blood sugar levels in the elderly with diabetes mellitus.

**Keywords:** Elderly, Dhikr Therapy, Diabetes Mellitus