

**APPLICATION OF PROGRESSIVE MUSCLE RELAXATION TO BLOOD  
SUGAR LEVELS IN DIABETES MELITUS PATIENTS  
AT RSUD dr. SOERATNO GEMOLONG**

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**ABSTRACT**

**Background :** Diabetes causes 6.7 million deaths or 1 every 5 seconds. Indonesia is in fifth position with a total of 19.47 million diabetics. The prevalence of diabetes is estimated to increase with increasing age of the population to 19.9% or 111.2 million people aged 65-79 years. Management of high blood sugar levels can be done by means of pharmacology and non-pharmacology. One of the non-pharmacological control management is progressive muscle relaxation. Progressive muscle relaxation technique is a relaxation therapy given to patients by combining deep breathing exercises and a series of specific muscle contractions and relaxations with the aim of helping lower blood sugar levels in diabetes mellitus patients. **Objective :** This application aims to determine the results of giving progressive muscle relaxation to blood sugar levels in diabetes mellitus patients at dr. Soeratno Gemolong. **Method :** the method used in this implementation is descriptive using case studies. **Results :** The results of the application showed that with the intervention for 3 days, before the application of progressive muscle relaxation, the patient's blood sugar level was high > 200 mg/dl and after being given progressive muscle relaxation, the patient's blood sugar level improved, namely it decreased. **Conclusion :** There are differences in the development of blood sugar levels before and after progressive muscle relaxation in patients with diabetes mellitus.

**Keywords:** Progressive Muscle Relaxation, Blood Sugar Levels, Diabetes Mellitus