

**IMPLEMENTATION OF PROGRESSIVE MUSCLE RELAXATION ON  
CLIENT PHYSIOLOGICAL AND PSYCHOLOGICAL STRESS  
CONTROL DIABETES MELLITUS IN SAKURA ROOM  
OF Dr. SOERATNO GEMOLONG HOSPITAL**

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**ABSTRACT**

**Background:** Diabetes Mellitus is called the silent killer because this disease can cause various complications including eye vision problems, cataracts, heart disease, kidney disease, sexual impotence, wounds that are difficult to heal and rot/gangrene, lung infections, blood vessel disorders, stroke and so on. The high prevalence of Type 2 diabetes mellitus is caused by risk factors that cannot be changed, for example gender, age, and genetic factors, but it can also be caused by genetic factors that can be changed, for example smoking habits, education level, alcohol consumption, and body mass index. physical activity, waist circumference. DM clients experience various stresses both physiologically (hyperglycemia and fatigue) and psychologically (anxiety). **Objective:** To determine the results of implementing Progressive Muscle Relaxation on Physiological and Psychological Stress Control for Diabetes Mellitus Clients in the Sakura Ward of Dr. Hospital. Soeratno Gemolong. **Method:** descriptive, number of respondents 2, Instruments for this application use the Numeric Fatigue Scale, Hamilton Anxiety Rating Scale/HARS. **Research results:** There was a reduction in physiological and psychological stress in diabetes mellitus clients after application for 3 days. **Conclusion:** Progressive muscle relaxation can effectively reduce physiological stress and psychological stress in diabetes mellitus sufferers.

**Keywords:** *Progressive Muscle Relaxation, Stress Control, Diabetes Mellitus*