

**THE APPLICATION OF PROGRESSIVE MUSCLE RELAXATION
THERAPY TO REDUCE BLOOD SUGAR LEVEL IN
PATIENTS WITH TYPE II DIABETES MELLITUS
IN PETORAN RT 01 RW 07 JEBRES
SURAKARTA CITY**

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ABSTRACT

Background: Diabetes mellitus is a common chronic disease that occurs because the pancreas cannot produce insulin effectively. The global prevalence of diabetes mellitus patients aged 20-79 years increases from 151 million cases in 2000 to 537 million in 2021, if not addressed this will have an impact on the organ systems in the body such as heart disease, peripheral vascular disease and injury to the nervous system. Non-pharmacological treatments that can be taught are progressive muscle relaxation techniques. **Objective:** Knowing the results of the application of progressive muscle relaxation therapy on reducing blood glucose levels in patients with type II diabetes mellitus in Petoran Rt 01 Rw 07 Jebres Surakarta City. **Method:** Using a case study with a pretest-posttest measurement method carried out once a day for 3 consecutive days carried out for 10-15 minutes **Results:** The blood sugar levels of the two respondents before the application of progressive muscle relaxation were 269 mg/dL and 246 mg/dL. After the application, blood sugar levels dropped to 198 mg/dL and 189 mg/dL **Conclusion:** Progressive muscle relaxation therapy as a complementary therapy that can reduce blood sugar levels in both respondents with type II diabetes mellitus in Petoran Rt 01 Rw 07 Jebres Surakarta City.

Keywords: Diabetes mellitus, blood sugar levels, Progressive Muscle Relaxation