

## APPLICATION OF DZIKIR THERAPY ON BLOOD SUGAR LEVELS IN PATIENTS WITH TYPE 2 DIABETES MELLITUS

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### ABSTRACT

**Background;** Most diabetes mellitus occurs in the age range of 20-79 years, which is as many as 536,6 million people. Indonesia is ranked 5th in the case of people with diabetes mellitus. Central java province has 96.794 million people with diabetes. Diabetes mellitus is synonymous with high blood sugar levels. One of the therapies to overcome high blood sugar levels in diabetes patients is using dzikir therapy. **Purpose;** Describe the results of the application of dzikir therapy on blood sugar levels in patients with diabetes mellitus. **Method;** This study uses a descriptive research design with a case study approach. This application is carried out for 14 consecutive days. **Results;** From the two respondents, it was found that Mrs. N and Mrs. S showed a decrease in blood sugar levels after applying dzikir therapy for 14 days. Blood sugar results are checked using a glucometer. **Conclusion;** The application of dzikir therapy is able to reduce blood sugar levels in diabetes mellitus patients in Bejen village, Karanganyar district, Karanganyar regency.

**Keywords:** Glucometer, Diabetes Mellitus, Blood Sugar Level, Dzikir Therapy.