

**EDUCATION OF PROGRESSIVE MUSCLE RELAXATION TO REDUCE
BLOOD SUGAR LEVELS IN TYPE 2 DIABETES MELLITUS PATIENTS
THROUGH VIDEO MEDIA**

Arista Febriyanto¹, Norman Wijaya Gati²

aristafebriyanto123@gmail.com

University of 'Aisyiyah Surakarta

SUMMARY

Background: Diabetes mellitus non-communicable disease caused by pancreatic beta cells that affect hyperglycemia or high blood sugar levels of more than 140 mg/dl. Type 2 diabetes mellitus is a combination of genetic factors associated with impaired insulin secretion. According to the world health organization (WHO), the prevalence of type 2 DM in the world has increased dramatically, currently reaching 442 million people. Progressive muscle relaxation is a relaxation technique that uses a series of body movements by moving the muscles in several parts of the body so that the muscles become relaxed and help reduce anxiety and stress. Progressive muscle relaxation can be done 2 times a day for 1 week with a duration of 15 minutes. **Method:** The output method of KIE is in the form of a video "Control Blood Sugar Levels Using Progressive Muscle Relaxation Techniques". **Result:** The project produced by educational video media by taking pictures through a camera is expected to increase knowledge and increase patient insight about progressive muscle relaxation to lower blood sugar levels. **Conclusion:** Using video media is expected to make it easier to convey information about progressive muscle relaxation to lower blood sugar levels to sufferers. So that progressive muscle relaxation can be done independently by the patient **Keywords:** Education, Diabetes Mellitus, Progressive Muscle Relaxation, Video