

**PENERAPAN TERAPI RELAKSASI OTOT PROGRESIF UNTUK
MENURUNKAN GLUKOSA DARAH PADA PASIEN DIABETES
MILITUS TIPE 2 DI DESA NGORESAN JEBRES**

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ABSTRACT

Background; *Type 2 Diabetes Mellitus is a chronic metabolic disease characterized by hyperglycemia due to impaired insulin secretion and insulin resistance. The prevalence of DM in the world is 830 million, the International Diabetes Federation (IDF) is around 783 million. Management of DM is not only through pharmacological therapy, but can also be done through non-pharmacological approaches such as progressive muscle relaxation therapy. This therapy is believed to be able to lower blood glucose levels by increasing relaxation, reducing stress, and increasing body metabolism.* **Objective;** *describe the results of the application of progressive muscle relaxation therapy in patients with type 2 Diabetes Mellitus.* **Method;** *This study used a descriptive design with a case study approach. The subjects consisted of two patients with type 2 Diabetes Mellitus in Ngoresan Village, Surakarta City. Progressive muscle relaxation therapy was given for 7 consecutive days, each morning for 15 minutes. Blood glucose levels were measured before and after the intervention using a glucometer.* **Results;** *After the intervention, the blood glucose level in the first respondent (Mrs. J) decreased from 325 mg/dl to 301 mg/dl (a decrease of 24 mg/dl), and in the second respondent (Mrs. S) decreased from 468 mg/dl to 430 mg/dl (a decrease of 38 mg/dl).* **Conclusion;** *The application of progressive muscle relaxation therapy for one week has been proven to reduce blood glucose levels in patients with type 2 Diabetes Mellitus.*

Keywords: *Type 2 Diabetes Mellitus, Blood Glucose, Progressive Muscle Relaxation Therapy*