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**THE APPLICATION OF AUTOGENIC RELAXATION TECHNIQUE  
TOWARD THE LOWERING OF BLOOD GLUCOSE LEVELS  
TO THE DIABETES MELLITUS TYPE II  
IN PUSKESMAS PURWOSARI**

***ABSTRACT***

**Background;** *Diabetes mellitus type 2 is an endocrine system disorder where the insulin from pancreas cannot be functioned well, therefore the sugar cannot go into the cell and causing hyperglycemia. If this condition is not handled soon, it causes a complication. The complication in diabetes mellitus indicates the patients getting the treatment in a hospital to manage blood sugar levels. It often causes stress and worry to the patients, therefore it increases blood glucose levels. One of the treatment technique is an autogenic relaxation technique. It is a sophisticated way of mind control, so it can help to resist the dangerous of stress effect.* **Objective;** *It is to describe the result of implementing the autogenic relaxation technique toward the decrease of patient's blood glucose levels of diabetes mellitus type 2.* **Method;** *This research used descriptive method with research instrument that used the observation of blood sugar level in time.* **Result;** *There was a difference between the blood glucose levels before and after implementing the autogenic relaxation technique.* **Conclusion;** *The implementation of autogenic relaxation technique can decrease patient's blood glucose levels of diabetes mellitus type 2.*

**Keyword:** *Autogenic RelaxationTechnique, Blood Glucose Levels, Diabetes Mellitus Type II*