

**AN APPLICATION OF PROGRESSIVE MUSCLE RELAXATION LEVELS
OF BLOOD SUGAR IN A PATIENT WITH DIABETES MELLITUS
TYPE 2 IN THE WORK AREA OF SUKOHARJO
HEALTH CENTER**

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ABSTRACT

Background: Diabetes Mellitus can be caused by several factors, including hereditary/genetic factors, obesity, lifestyle changes, wrong diet, physical activity, aging, pregnancy and stress. As many 85% of diabetes are people with Diabetes Mellitus type 2. Based on the several hospital in the city of Sukoharjo's area there are 7.347 people that's suffering from those Diabetes Mellitus type 2. One of the non pharmacological therapies to reduce the levels of blood sugar is a relaxation of progressive muscle. Relaxation makes the body release endorphins which can calm the nervous system so that glucose levels are reduced. **Objective:** To determine result of the application of progressive muscle relaxation levels of blood sugar in patient of Diabetes Mellitus type 2 at the work areas of Sukoharko community health center. **Research Method:** This study used descriptive methods levels of blood sugar instruments – glucotest and observation sheets. **Conclusion:** There are differences in the levels of blood sugar which are in Mrs.N and Mrs.A that before and after relaxation progressive muscle's techniques are performed. In Mrs.N included in the classification of Diabetes Mellitus. Mrs.N is levels blood sugar have decreased but are still in the classification of Diabetes Mellitus, while levels of blood sugar in Mrs.A that included in the classification levels of Diabetes Mellitus into pre diabetes levels of blood sugar.

Keyword: Diabetes Mellitus Type 2, Relaxation of Progressive Muscle and Levels of Blood Sugar.