

PENGARUH *PROGRESSIVE MUSCLE RELAXATION* (PMR) TERHADAP KADAR GULA DARAH PADA PASIEN DIABETES MELITUS TIPE 2 DI RW 09 KELURAHAN GROGOL, DEPOK

Hera Dwi Murti Adriani

Abstrak

Diabetes Melitus menjadi salah satu penyakit kronis yang menyebabkan cacat, kematian dan peningkatan prevalensi yang terus meningkat (Avianti, dkk 2016). Diabetes Melitus yang biasanya tidak diketahui gejalanya yang banyak melanda seseorang dapat dikurangi atau diobati dengan teknik relaksasi salah satunya progressive muscle relaxation pada penderita diabetes melitus. Penelitian ini bertujuan untuk mengetahui pengaruh progressive muscle relaxation terhadap kadar gula darah pada pasien diabetes melitus. Penelitian ini dilakukan untuk menguji pengaruh perlakuan progressive muscle relaxation terhadap kadar gula darah pada penderita diabetes melitus tipe 2 di RW 09 Kelurahan Grogol, Depok. Penelitian ini menggunakan desain *Quasi Experiment* dengan rancangan *Pretest and Posttest non equivalent control group*. Dalam pengumpulan sampel peneliti menggunakan metode purposive sampling sebanyak 26 responden yang sudah masuk dalam kriteria inklusi. Penelitian ini dilakukan pada bulan Juni 2017. Berdasarkan uji parametric *dependent T-test* dengan melihat hasil uji statistik maka disimpulkan bahwa pada kelompok intervensi dan kelompok kontrol terdapat perbedaan yang bermakna dengan masing-masing nilai $p=0,028$ dan $p=0.012$ ($p<.0.05$). Hasil penelitian menunjukkan bahwa ada pengaruh terhadap perubahan kadar gula darah dan perbedaan yang bermakna sebelum dan sesudah pemberian progressive muscle relaxation. Hasil penelitian ini diharapkan berguna sebagai bahan masukan bagi dunia keperawatan dan dapat digunakan sebagai pengobatan nonfarmakologi bagi penderita diabetes.

Kata kunci : *Progressive Muscle Relaxation*, Kadar Gula Darah, Diabetes Melitus tipe 2

EFFECT OF PROGRESSIVE MUSCLE RELAXATION (PMR) ON BLOOD SUGAR LEVEL IN PATIENTS DIABETES MELITUS TYPE 2 IN RW 09 VILLAGE GROGOL, DEPOK

Hera Dwi Murti Adriani

Abstract

Diabetes Mellitus becomes one of the chronic diseases that cause disability, death and increasing prevalence (Avianti, et, al. 2016). Diabetes Mellitus is usually not known the symptoms that many people hit can be reduced or treated with relaxation techniques one of progressive muscle relaxation in people with diabetes mellitus. This study aims to determine the effect of progressive muscle relaxation on blood sugar levels in patients with diabetes mellitus. This study was conducted to examine the effect of progressive muscle relaxation treatment on blood sugar levels in type 2 diabetes mellitus in RW 09 Village Grogol, Depok. This study design using Quasi Experiment pretest and posttest design with non-equivalent control group. In the sample collection methods researchers use purposive side of 26 respondents who have entered in the inclusion criteria. This research was conducted in June 2016. Based on parametric dependent T test test by looking at statistical test result, it was concluded that in the intervention group and control group there was a significant difference with each value $p = 0,028$ and $p = 0.012$ ($p < 0.05$). The results showed that there was an effect on the changes in blood sugar and significant differences before and after the provision of progressive muscle relaxation. The results of this study are expected to be useful as input material for the world of nursing and can be used as a non-pharmacological treatment for people with diabetes.

Keyword : Progressive Muscle Relaxation, Blood Sugar Levels, Diabetes Mellitus type 2