

Application of Benson Relaxation in Fulfilling a Sense of Comfortable Security on Blood Sugar Stability in People with Diabetes Mellitus in Indraprasta Room 1 at Dr Sardjito General Hospital

Asyifa Fabriyanti¹, Furaida Khasanah², Sugeng²
Department of Nursing Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No. 3, Banyuraden, Gamping, Sleman
E-mail: asyifafab@gmail.com

ABSTRACT

Background: The prevalence of diabetes mellitus based on Risesdas is more prevalent at the age of >45 years. It is important to know blood glucose levels regularly to avoid complications. The application of Benson relaxation based on spiritual mindfulness has an influence on reducing glucose levels in nursing care actions.

Objective: Benson relaxation is able to reduce blood glucose levels in nursing care for the fulfilment of safe and comfortable blood sugar stability in patients with diabetes mellitus in the Indraprasta 1 room of Dr. Sardjito Hospital.

Methods: This research is a case study involving two patients with a diagnosis of mellitus. Instruments in the form of benson relaxation SOP. Checking blood sugar levels with a glucometer. Benson relaxation was performed once a day for three days with a duration of 30 minutes.

Results: The nursing problem in both patients is the instability of blood glucose levels associated with hyperglycaemia, after the intervention of benson relaxation therapy once a day for 3 days with a duration of 30 minutes, the nursing problem is resolved with a decrease in blood sugar levels in both patients.

Conclusion: Benson relaxation therapy can reduce blood sugar levels in patients with diabetes mellitus with hyperglycaemia.

Keywords: Diabetes Mellitus, Benson Relaxation, Hyperglycaemia

¹⁾ Student of Professional Nursing Study Programme, Poltekkes Kemenkes Yogyakarta*

²⁾ Lecturer of Nursing Department of Poltekkes Kemenkes Yogyakarta

Penerapan Relaksasi Benson Dalam Pemenuhan Rasa Aman Nyaman Terhadap Kestabilan Gula Darah Pada Penyandang Diabetes Mellitus Di Ruang Indraprasta 1 Di RSUP Dr. Sardjito

Asyifa Fabriyanti¹, Furaida Khasanah², Sugeng²
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No. 3, Banyuraden, Gamping, Sleman
E-mail: asyifafab@gmail.com

ABSTRAK

Latar Belakang: Prevalensi diabetes mellitus berdasarkan Riskesdas lebih banyak diderita pada usia >45 tahun. Pentingnya mengetahui kadar glukosa darah secara rutin untuk menghindari komplikasi. Penerapan relaksasi Benson berbasis spiritual mindfulness memiliki pengaruh terhadap penurunan kadar glukosa dalam tindakan asuhan keperawatan.

Tujuan: Relaksasi benson mampu menurunkan kadar glukosa darah dalam asuhan keperawatan pemenuhan aman nyaman kestabilan gula darah pada pasien diabetes mellitus di ruang Indraprasta 1 RSUP Dr. Sardjito.

Metode: Penelitian ini merupakan studi kasus yang melibatkan dua pasien dengan diagnosa mellitus. Instrumen berupa SOP relaksasi benson. Pemeriksaan kadar gula darah dengan glukometer. Relaksasi benson dilakukan satu kali sehari selama tiga hari dengan durasi 30 menit.

Hasil: Masalah keperawatan pada kedua pasien adalah ketidakstabilan kadar glukosa darah berhubungan dengan hiperglikemia, setelah dilakukan intervensi terapi relaksasi benson satu kali sehari selama 3 hari dengan durasi 30 menit, masalah keperawatan teratasi dengan terjadi penurunan kadar gula darah pada kedua pasien.

Kesimpulan: Terapi relaksasi benson dapat menurunkan kadar gula darah pada pasien diabetes mellitus dengan hiperglikemia.

Kata Kunci: Diabetes Mellitus, Relaksasi Benson, Hiperglikemia

¹⁾ Mahasiswa Program Studi Profesi Ners Poltekkes Kemenkes Yogyakarta*

²⁾ Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta