

PENERAPAN TEKNIK RELAKSASI OTOT PROGRESIF UNTUK MENURUNKAN KADAR GLUKOSA DARAH PADA PASIEN DIABETES MELITUS TIPE II DI RSUD PANEMBAHAN SENOPATI BANTUL

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ABSTRAK

Latar Belakang: Diabetes Mellitus tipe II merupakan penyakit metabolik kronis yang ditandai dengan peningkatan kadar glukosa darah akibat resistensi insulin. Kadar glukosa darah yang tidak terkontrol dapat menyebabkan berbagai komplikasi seperti gangguan kardiovaskular, gagal ginjal, dan neuropati perifer. Salah satu terapi nonfarmakologis yang dapat membantu menurunkan kadar glukosa darah yaitu terapi relaksasi otot progresif. Terapi ini membantu menurunkan hormon stres sehingga tubuh menjadi lebih rileks dan membantu pengontrolan kadar glukosa darah.

Tujuan: Studi kasus ini bertujuan untuk mengetahui penerapan teknik relaksasi otot progresif dalam menurunkan kadar glukosa darah pada pasien Diabetes Mellitus tipe II di RSUD Panembahan Senopati Bantul.

Metode: Studi kasus ini menggunakan metode deskriptif pada dua pasien Diabetes Mellitus tipe II di RSUD Panembahan Senopati Bantul. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan kadar glukosa darah, dan dokumentasi. Intervensi terapi relaksasi otot progresif dilakukan selama 3 hari dengan frekuensi 2 kali/hari selama ± 15 menit sebelum pemberian insulin.

Hasil: Hasil studi kasus menunjukkan bahwa setelah diberikan terapi relaksasi otot progresif, kedua pasien mengalami penurunan kadar glukosa darah. Pada Tn.P terjadi penurunan kadar glukosa darah dari 366 mg/dL menjadi 213 mg/dL, sedangkan pada Tn.K terjadi penurunan kadar glukosa darah dari 224 mg/dL menjadi 158 mg/dL. Selain itu, pasien tampak lebih rileks, nyaman, dan keluhan pusing, lemas, mual, serta kebas kesemutan mulai berkurang setelah dilakukan terapi.

Kesimpulan: Terapi relaksasi otot progresif dapat membantu menurunkan kadar glukosa darah dan memberikan efek relaksasi pada pasien Diabetes Mellitus tipe II sehingga dapat dijadikan sebagai terapi nonfarmakologis pendamping dalam pemberian asuhan keperawatan.

Kata Kunci: Diabetes Mellitus tipe II, relaksasi otot progresif, kadar glukosa darah.

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**THE APPLICATION OF PROGRESSIVE MUSCLE RELAXATION
TECHNIQUE TO REDUCE BLOOD GLUCOSE LEVELS IN PATIENTS WITH
TYPE II DIABETES MELLITUS AT RSUD PANEMBAHAN SENOPATI
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ABSTRACT

Background: Type II Diabetes Mellitus is a chronic metabolic disease characterized by increased blood glucose levels due to insulin resistance. Uncontrolled blood glucose levels can cause various complications such as cardiovascular disorders, kidney failure, and peripheral neuropathy. One of the non-pharmacological therapies that can help reduce blood glucose levels is progressive muscle relaxation therapy. This therapy helps reduce stress hormones so that the body becomes more relaxed and assists in controlling blood glucose levels.

Objective: This case study aimed to determine the application of progressive muscle relaxation techniques in reducing blood glucose levels in patients with Type II Diabetes Mellitus at RSUD Panembahan Senopati Bantul.

Methods: This case study used a descriptive method on two patients with Type II Diabetes Mellitus at RSUD Panembahan Senopati Bantul. Data collection was carried out through interviews, observation, blood glucose level examinations, and documentation. Progressive muscle relaxation therapy intervention was carried out for 3 days with a frequency of 2 times/day for ± 15 minutes before insulin administration.

Results: The results of the case study showed that after being given progressive muscle relaxation therapy, both patients experienced a decrease in blood glucose levels. Mr. P experienced a decrease in blood glucose levels from 366 mg/dL to 213 mg/dL, while Mr. K experienced a decrease in blood glucose levels from 224 mg/dL to 158 mg/dL. In addition, patients appeared more relaxed and comfortable, and complaints of dizziness, weakness, nausea, and tingling sensations gradually decreased after the therapy was administered.

Conclusion: Progressive muscle relaxation therapy can help reduce blood glucose levels and provide a relaxation effect in patients with Type II Diabetes Mellitus, so it can be used as a complementary non-pharmacological therapy in nursing care.

Keywords: Type II Diabetes Mellitus, progressive muscle relaxation, blood glucose levels.

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