

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN
Karya Ilmiah Akhir, 14 Agustus 2025

Siti Roisa, S.Kep

Penerapan Teknik Relaksasi Benson Dan Relaksasi Otot Progresif Terhadap Penurunan Kadar Gula Darah Pada Pasien Diabetes Mellitus (DM) Tipe 2 di RSUD dr. H. Koesnadi Bondowoso

xii + 69 hal + 13 tabel + 1 lampiran

Abstrak

Latar Belakang: Ketidakstabilan kadar glukosa darah merupakan masalah keperawatan yang sering dijumpai pada pasien dengan Diabetes Melitus (DM) Tipe 2, yang disebabkan oleh ketidakseimbangan metabolik, stres psikologis, pola makan tidak teratur, dan kepatuhan pengobatan yang rendah. Kondisi ini dapat menurunkan kualitas hidup pasien dan meningkatkan risiko komplikasi jangka panjang. **Tujuan:** Penelitian ini bertujuan untuk mengevaluasi efektivitas intervensi Manajemen Hiperglikemia (I.10168) dengan pendekatan terapi relaksasi Benson dan relaksasi otot progresif terhadap penurunan kadar glukosa darah pasien DM Tipe 2 selama tiga hari perawatan. **Metode:** Penelitian ini menggunakan pendekatan studi kasus terhadap tiga pasien DM Tipe 2 dengan kadar glukosa darah tidak stabil. Intervensi dilakukan selama tiga hari berturut-turut, dua kali sehari, meliputi pemantauan kadar glukosa darah, edukasi diet dan pengobatan, pelatihan teknik relaksasi Benson dan otot progresif, serta pelibatan keluarga dalam pemantauan mandiri. **Hasil:** Evaluasi menunjukkan bahwa seluruh pasien mengalami penurunan kadar glukosa darah secara bertahap, dengan rata-rata penurunan 30–50 mg/dL. Selain itu, terdapat peningkatan kenyamanan, kualitas tidur, dan kemampuan pasien dalam mengelola stres secara mandiri. Tidak ditemukan efek samping terhadap intervensi yang diberikan. **Kesimpulan:** Intervensi Manajemen Hiperglikemia yang dilaksanakan secara terstruktur dan kolaboratif, serta didukung teknik relaksasi nonfarmakologis, efektif dalam menurunkan kadar glukosa darah dan meningkatkan kesiapan pasien untuk melanjutkan pengelolaan mandiri di rumah.

Kata Kunci: Diabetes Melitus Tipe 2, Glukosa Darah, Manajemen Hiperglikemia, Keperawatan, Relaksasi Benson, Relaksasi Otot Progresif

ABSTRACT
UNIVERSITY OF MUHAMMADIYAH JEMBER
PROFESSIONAL NURSING PROGRAM
FACULTY OF HEALTH SCIENCES
Final Scientific Paper, 14th August 2025

Siti Roisa, S.Kep

The Application of Benson Relaxation Technique and Progressive Muscle Relaxation to Reduce Blood Glucose Levels in Type 2 Diabetes Mellitus Patients at Dr. H. Koesnadi Regional General Hospital, Bondowoso

xii + 69 pages + 13 tables + 1 appendices

Abstract

Background: Blood glucose instability is a common nursing problem among patients with Type 2 Diabetes Mellitus (T2DM), often caused by metabolic imbalances, psychological stress, irregular eating patterns, and poor medication adherence. This condition can reduce patients' quality of life and increase the risk of long-term complications. **Objective:** This study aims to evaluate the effectiveness of the Hyperglycemia Management intervention (I.10168), combined with Benson relaxation and progressive muscle relaxation techniques, in reducing blood glucose levels in T2DM patients over a three-day period. **Methods:** This research employed a case study approach involving three T2DM patients experiencing unstable blood glucose levels. Interventions were implemented for three consecutive days, twice daily, including blood glucose monitoring, education on diet and medication adherence, guided Benson relaxation and progressive muscle relaxation sessions, and family involvement in self-monitoring support. **Results:** Evaluation showed a gradual reduction in blood glucose levels in all patients, with an average decrease of 30–50 mg/dL. Improvements were also noted in patient comfort, sleep quality, and the ability to manage stress independently. No adverse effects were reported from the interventions. **Conclusion:** A structured and collaborative hyperglycemia management intervention, supported by non-pharmacological relaxation techniques, is effective in stabilizing blood glucose levels and enhancing patient readiness for continued self-care at home.

Keywords: Type 2 Diabetes Mellitus, Blood Glucose, Hyperglycemia Management, Nursing, Benson Relaxation, Progressive Muscle Relaxation