

## **Abstrak**

**UNIVERSITAS MUHAMMADIYAH JEMBER**

**PROGRAM STUDI PROFESI NERS**

**FAKULTAS ULMU KESEHATAN**

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Reka Indah Lestari, S.Kep

Implementasi *Progressive Muscle Relaxation (PMR)* Terhadap Masalah Keperawatan Gangguan Pola Tidur Pada Pasien Diabetes Melitus Di RS dr Soebandi Jember

Xvii + 91 Halaman+12 tabel+6 gambar+11 glosarium+11 lampiran

### Abstrak

**Latar belakang:** Gangguan pola tidur merupakan masalah keperawatan yang sering dialami pasien Diabetes Melitus selama menjalani perawatan di rumah sakit. Kondisi ini dapat menurunkan kualitas tidur dan memengaruhi kontrol kadar glukosa darah. Salah satu intervensi nonfarmakologis yang dapat diterapkan adalah *Progressive Muscle Relaxation (PMR)* untuk meningkatkan relaksasi dan kualitas tidur. Tujuan: Mendeskripsikan asuhan keperawatan pada pasien Diabetes Melitus dengan gangguan pola tidur melalui implementasi PMR di RS dr. Soebandi Jember. **Metode:** Penulisan menggunakan desain studi kasus asuhan keperawatan yang meliputi pengkajian, penetapan diagnosis, implementasi PMR, dan evaluasi hasil. **Hasil:** Setelah diberikan terapi PMR selama masa perawatan, pasien menunjukkan penurunan keluhan sulit tidur, berkurangnya ketegangan fisik, serta peningkatan kualitas dan durasi tidur. **Pembahasan:** Implementasi PMR membantu meningkatkan relaksasi otot sehingga mengurangi gangguan tidur pada pasien Diabetes Melitus selama hospitalisasi. **Kesimpulan:** *Progressive Muscle Relaxation (PMR)* efektif sebagai intervensi mandiri keperawatan untuk membantu mengatasi gangguan pola tidur pada pasien Diabetes Melitus dan dapat diterapkan dalam asuhan keperawatan di ruang rawat inap.

**Kata Kunci:** Asuhan Keperawatan, Diabetes Melitus, Gangguan Pola Tidur, *Progressive Muscle Relaxation (PMR)*.

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**MUHAMMADIYAH UNIVERSITY OF JEMBER**

**NERS PROGRAM**

**FACULTY OF HEALTH SCIANCE**

*Final Scientific work, 17 june 2026*

*Reka Indah Lestari, S.Kep*

*Implementation of Progressive Muscle Relaxation (PMR) on Disturbed Sleep Pattern Nursing Problem in Diabetes Mellitus Patients at dr Soebandi Hospital Jember*

*xvii + 91 Pages + 12 Tables + 6 Figures + 11 Glossaries + 11 Appendices*

### *Abstrack*

**Background:** Sleep pattern disturbance is a common nursing problem experienced by patients with Diabetes Mellitus during hospitalization. This condition can reduce sleep quality and affect blood glucose control. One non-pharmacological nursing intervention that can be applied is Progressive Muscle Relaxation (PMR) to promote relaxation and improve sleep quality. **Objective:** To describe nursing care for patients with Diabetes Mellitus experiencing sleep pattern disturbance through the implementation of Progressive Muscle Relaxation (PMR) at dr. Soebandi Hospital, Jember. **Methods:** This final scientific paper employed a nursing care case study design, including assessment, nursing diagnosis, implementation of PMR, and evaluation of outcomes. **Results :** After receiving PMR during hospitalization, the patients showed reduced complaints of difficulty sleeping, decreased physical tension, and improved sleep quality and duration. **Discussion:** The implementation of PMR promoted muscle relaxation, thereby reducing sleep disturbances in hospitalized patients with Diabetes Mellitus. **Conclusion :** Progressive Muscle Relaxation (PMR) is an effective independent nursing intervention for improving sleep pattern disturbances in patients with Diabetes Mellitus and can be incorporated into inpatient nursing care.

**Keywords:** Diabetes Mellitus, Disturbed Sleep Pattern, Nursing Care, Progressive Muscle Relaxation (PMR)