LEMBAR PENGESAHAN

Judul : Penerapan Kombinasi Relaksasi Progresif Dan Autogenik Terhadap Perubahan Kadar Gula Darah Pada Pasien Diabtetes Mellitus Tipe 2 Di RSUD Kraton

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ABSTRACT

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The Implementation of the Combination of Progressive and Autogenic Relaxation to Lower Blood Sugar Levels of Type 2 Diabetes Mellitus Patients at Kraton Hospital

Type 2 Diabetes Mellitus (T2DM) is a blood sugar instability that normally ranges from 60 – 120 mg/dl. Without appropriate treatment, T2DM patients may experience retinopathy, nephropathy, and neuropathy, that can be treated by a combination of progressive and autogenic relaxation. The purpose of this study was to describe the implementation of these combined relaxation therapies to lower blood sugar levels. This scientific work was a case study with two T2DM patients being treated with a combination of progressive and autogenic relaxation as the participants. A glucometer was used as the measuring instrument. The results showed that before and after being treated with the combined relaxation treatment, the average blood sugar levels of Patient I were 257 mg/dl and 252.3 mg/dl respectively. In Patient II, they were 259 mg/dl and 253.3 mg/dl respectively. In conclusion, the implication of the combination of progressive and autogenic relaxation treatment could reduce blood sugar levels of T2DM patients. Thus, nursing staff are suggested to implement the combination of progressive and autogenic relaxation therapies to reduce blood sugar levels of T2DM patients.

Keywords: *Type 2 Diabetes Mellitus, Blood Sugar Levels, Combination of Progressive, Autogenic Relaxation*