ABSTRACT

FAIGA MOCODOMPIT. Effect of Autogenic Relaxation Therapy on Reducing Blood Sugar Levels in Type 2 Diabetes Mellitus Patients at Telaga Health Center. Guidance by FADLI SYAMSUDDIN as Chairman and ABDUL WAHAB PAKAYA as Member

Diabetes that is not well controlled will cause acute and chronic complications. Non-pharmacological therapy that can be given to patients is autogenic relaxation therapy. This research aims to determine the effect of autogenic relaxation on reducing blood sugar levels in patients with type II diabetes mellitus at the Telaga Health Center, Gorontalo Regency. This research is a quasi experimental design with a pretest posttest nonequivalent control group design approach. The population is new DM patients at the Telaga Health Center between January-August 2021, as many as 34 people. The sample consisted of 30 respondents using the Quota sampling technique, divided into an intervention group of 15 people and a control group of 15. Data analysis used an independent t test. The results in the autogenic relaxation intervention group, before the intervention the average value of blood sugar levels in the respondents was 224.67 mg/dl ± 15.981 and after the intervention, it decreased to 201.07 mg/dl ± 15.782. Meanwhile in the control group who only consumed diabetes mellitus drugs, the pretest data showed an average blood sugar level of 236.67 ± 236.67 and the posttest was 224.13. ± 15.782. The results of the independent t test, obtained the t value of 23.819 and the value of 0.000. There is an effect of autogenic relaxation on reducing blood sugar levels in type II diabetes mellitus patients. So it is necessary to make non-pharmacological efforts for autogenic relaxation, in order to reduce blood sugar levels to be more significant.

Keywords: Autogenic Relaxation, Blood Sugar Levels.

ABSTRAK

FAIGA MOKODOMPIT. Pengaruh Terapi Relaksasi Autogenik Terhadap Penurunan Kadar Gula Darah Pada Penderita Diabetes Melitus Tipe 2 Di Puskesmas Telaga. Bimbingan FADLI SYAMSUDDIN sebagai Ketua dan ABDUL WAHAB PAKAYA sebagai Anggota

Diabetes yang tidak terkontrol dengan baik akan menimbulkan komplikasi akut dan kronis. Terapi nonfarmakologi yang dapat diberikan pada pasien berupa terapi relaksasi autogenic. Penelitian bertujuan untuk mengetahui pengaruh releksasi autogenic terhadap penurunan kadar gula darah pada penderita diabetes militus tipe II di Puskesmas Telaga Kabupaten Gorontalo. Penelitian berjenis *quasy experimental design* pendekatan *pretest posttest nonequivalent control group design*. Populasi adalah pasien baru DM Puskesmas Telaga selang bulan Januari-Agustus 2021 sebanyak 34 orang. Sampel berjumlah 30 responden dengan teknik *Quota sampling*, dibagi menjadi kelompok intervensi sebanyak 15 orang dan kelompok control sebanyak 15. Analisis data menggunakan uji *independent t test*. Hasil penelitian pada kelompok intervensi relaksasi autogenic, sebelum intervensi nilai rata-rata kadar gula darah pada responden sebesar 224,67 mg/dl ± 15,981 dan setelah intervensi, menurun menjadi 201,07 mg/dl ± 15,782. Sementara itu pada kelompok kontrol yang hanya mengkonsumsi obat diabetes mellitus, data pretest menunjukkan rata-rata kadar gula darah sebesar 236,67 ± 236,67 dan posttest sebesar 224,13. ± 15,782. Hasil uji *independen t test*, didapatkan nilai t hitung sebesar 23,819 dan nilai p sebesar 0,000. Ada pengaruh relaksasi autogenic terhadap penurunan kadar gula darah pada penderita diabetes militus tipe II. Sehingga perlu melakukan upaya non farmakologi untuk relaksasi autogenic, agar dapat menurunkan kadar gula darah menjadi lebih signifikan.

Kata Kunci: Relaksasi Autogenik, Kadar Gula Darah.