ABSTRAK

Diabetes Melitus (DM) pada lansia dipicu oleh penurunan fungsi fisiologis tubuh yang berdampak pada sensitivitas insulin. Terapi reiki merupakan intervensi non-farmakologis yang memanfaatkan energi vital untuk menstabilkan metabolisme glukosa tubuh. Mengetahui pengaruh terapi reiki terhadap perubahan kadar Glukosa Darah Sewaktu pada lansia penderita DM di Wilayah Kerja Puskesmas Telaga. Penelitian kuantitatif eksperimen (*pre-post test design*) dengan melibatkan 20 responden lansia penderita DM. Data dianalisis menggunakan *Wilcoxon Signed Rank Test*. Sebelum intervensi, rata-rata GDS responden sebesar 192.70 mg/dL dan setelah intervensi, rata-rata GDS menurun sebesar 45.55 mg/dL menjadi 147.15 mg/dL dengan nilai *p-value* = 0,000 (*<0.05).* Sebanyak 10 responden tetap berada di rentang pradiabetes (140–199 mg/dL) karena ketidakpatuhan dalam mengontrol pola makan dan berat badan. Terapi reiki secara signifikan efektif menurunkan kadar GDS pada lansia penderita DM. Intervensi ini direkomendasikan sebagai terapi komplementer di Puskesmas, namun pelaksanaannya harus tetap diimbangi dengan edukasi manajemen diet dan kontrol berat badan pada pasien.

Kata Kunci: Diabetes Melitus, Glukosa Darah Sewaktu, Lansia, Terapi Reiki

Abstract

Diabetes Mellitus (DM) in the elderly is triggered by a decline in the body's physiological functions, which impacts insulin sensitivity. Reiki therapy is a non-pharmacological intervention that utilizes vital energy to stabilize the body's glucose metabolism. This study aimed to determine the effect of Reiki therapy on changes in random blood glucose levels in elderly people with DM in the Telaga Community Health Center (Puskesmas) work area. This quantitative experimental study (pre-post test design) involved 20 elderly respondents with DM. Data were analyzed using the Wilcoxon Signed Rank Test. Before the intervention, the average blood glucose level of respondents was 192.70 mg/dL, and after the intervention, the average blood glucose decreased by 45.55 mg/dL to 147.15 mg/dL with a p-value of 0.000 (<0.05). Ten respondents remained in the prediabetic range (140–199 mg/dL) due to non-compliance with diet and weight control. Reiki therapy was significantly effective in reducing blood glucose levels in elderly people with DM. This intervention is recommended as a complementary therapy in community health centers (Puskesmas), but its implementation must be balanced with education on diet management and weight control for patients.

Keywords: *Diabetes Mellitus, Random Blood Glucose, Elderly, Reiki Therapy*