

**IMPLEMENTATION OF PROGRESSIVE MUSCLE RELAXATION
TECHNIQUES IN REDUCING ANXIETY LEVELS IN PATIENTS WITH
TYPE 2 DIABETES MELLITUS AT CIPTOMULYO PUBLIC HEALTH
CENTER**

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ABSTRAK

Background: Type 2 Diabetes Mellitus is a chronic metabolic disease that not only causes physical impairments but also psychological problems, particularly anxiety. Anxiety in patients with Diabetes Mellitus can affect physiological conditions by increasing stress hormone levels, which may contribute to elevated blood glucose levels and reduced quality of life. **Objective:** To analyze the implementation of Progressive Muscle Relaxation (PMR) in reducing anxiety levels among patients with Type 2 Diabetes Mellitus in the working area of Ciptomulyo Community Health Center. **Methods:** This study employed a descriptive qualitative case study approach involving one patient with Type 2 Diabetes Mellitus who experienced anxiety. Data were collected through interviews, observation, physical examination, and assessment of anxiety levels using the Zung Self-Rating Anxiety Scale (ZSAS). The intervention consisted of Progressive Muscle Relaxation administered for 15 minutes per session over four consecutive days. **Results:** The implementation of Progressive Muscle Relaxation resulted in a reduction in the patient's anxiety level, as indicated by decreased feelings of worry, restlessness, and muscle tension, along with improved comfort and emotional self-control. **Conclusion:** Progressive Muscle Relaxation can be used as a non-pharmacological nursing intervention to reduce anxiety in patients with Type 2 Diabetes Mellitus.

Keywords: Type 2 Diabetes Mellitus, Anxiety, Progressive Muscle Relaxation, Nursing Intervention.