

IMPLEMENTATION OF PROGRESSIVE MUSCLE RELAXATION AND POSITIVE SELF-TALK INTERVENTIONS TO REDUCE ANXIETY IN OLDER ADULT WITH DIABETES MELLITUS IN THE SERVICE AREA OF CIPTOMULYO PRIMARY HEALTH CENTER

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ABSTRACT

Older adults with diabetes mellitus are vulnerable to anxiety due to changes in their health status, the demands of long-term treatment, and concerns about disease-related complications. Unmanaged anxiety may adversely affect both the physical and psychological well-being of older adults. This study aimed to describe the implementation of progressive muscle relaxation and positive self-talk interventions to reduce anxiety in an older adult with diabetes mellitus in the service area of Ciptomulyo Primary Health Center. A case study design was employed involving one older adult who experienced moderate anxiety, as measured using the Hamilton Anxiety Rating Scale (HARS). Data were collected through interviews, observation, and anxiety assessment using the HARS instrument. The interventions were administered progressively over six sessions within a two-week period. The findings demonstrated a reduction in anxiety from a moderate level to no anxiety. Improvements were also observed in anxiety-related signs and symptoms, including reduced excessive worry, negative thoughts related to the illness, muscle tension, restlessness, and sleep disturbances. The implementation of progressive muscle relaxation and positive self-talk was effective in reducing anxiety-related signs and symptoms in the older adult with diabetes mellitus. The implementation of progressive muscle relaxation and positive self-talk demonstrated changes in the signs and symptoms of anxiety among older adults with diabetes mellitus. Progressive muscle relaxation helped manage physiological responses, while positive self-talk helped manage cognitive responses, suggesting that these interventions could be considered as non-pharmacological nursing interventions.

Keywords: progressive muscle relaxation, positive self-talk, anxiety, older adult, diabetes mellitus