

**THE IMPLEMENTATION OF GUIDED IMAGERY FOR REDUCING
ANXIETY LEVELS IN PATIENTS WITH TYPE 2 DIABETES
MELLITUS AT THE JIMBARAN WARD OF DR. SAIFUL ANWAR
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ABSTRACT

Patients with Type 2 Diabetes Mellitus are vulnerable to anxiety due to changes in their health condition, long-term treatment demands, and concerns about disease complications. Unmanaged anxiety may affect physiological and psychological conditions, treatment adherence, and quality of life. This study aimed to identify the implementation of Guided Imagery for reducing anxiety in patients with Type 2 Diabetes Mellitus. A case study design was conducted involving one participant with moderate anxiety based on the Hamilton Anxiety Rating Scale (HARS). Data were collected through interviews, observation, physical examination, and anxiety assessment using HARS. The intervention was implemented over five days, consisting of one day of therapeutic relationship building and four Guided Imagery sessions. The findings showed a decrease in the anxiety score from 25 (moderate anxiety) to 14 (mild anxiety). Improvements were also observed in anxiety-related signs and symptoms, including reduced worry, restlessness, sleep disturbances, and better control of negative thoughts. The implementation of Guided Imagery showed a reduction in anxiety levels in this patient and may serve as an alternative non-pharmacological nursing intervention for managing anxiety in patients with Type 2 Diabetes Mellitus.

Keywords: Anxiety, Guided Imagery, Type 2 Diabetes Mellitus.