

ABSTRAK

Selija Suciati (2023) Application of Benson Relaxation Therapy to Lower Blood Sugar Levels in the Elderly with Type 2 Diabetes Militus in the Work Area of the Women's Health Center, Case Study Scientific Writing, Riau DIII Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Advisor (I) R.Sakhnan, SKM, M.Kes (II) Idayanti, S.pd. M. Kes.

Diabetes mellitus is an increase in blood sugar levels in the body caused by the body not being able to produce insulin or not being able to use insulin effectively. In Indonesia the incidence of Type 2 DM is 19.9%. Treatment that can be done in cases of Type 2 DM is to lower blood sugar levels. One of them is non-pharmacological therapy, namely benson relaxation therapy. Benson relaxation is a therapy that can lower blood sugar levels. Benson's relaxation itself is a development of a relaxation response method involving the patient's belief factor. This research method is a descriptive research with a case study approach method which was conducted in April 2023. The subjects in this study were 2 patients who had predetermined criteria. Benson relaxation therapy was given for 7 consecutive days in the morning, afternoon and evening. The results showed that there was a decrease in blood sugar levels in subjects I and II. These results indicate that the administration of benson relaxation therapy is effective in reducing blood sugar levels. Therefore, the act of administering Benson relaxation therapy can be used as an effective way to reduce costs and can be done independently without special tools to treat blood sugar levels in Type 2 DM patients.

Keywords: Type 2 DM, Blood Sugar Levels, Benson Relaxation Therapy