

Pengaruh relaksasi otogenik terhadap kadar gula darah dan tekanan darah pada klien diabetes mellitus tipe 2 dengan hipertensi di instalasi rawat inap rumah sakit di D.I.Y dan Jawa Tengah

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Abstrak

ABSTRAK

Relaksasi otogenik merupakan diduga dapat mengatasi hipertensi dan hiperglikemia. Penelitian ini bertujuan untuk mengetahui pengaruh relaksasi otogenik terhadap tekanan darah dan kadar gula darah. Desain penelitian ini adalah quasi eksperimen. Sampel dalam penelitian ini menggunakan simple random sampling. Jumlah responden 30 orang dibagi dalam dua kelompok. Pada kelompok intervensi dilakukan relaksasi otogenik sebanyak tiga kali dan diukur tekanan darah dan kadar gula darah sebanyak dua kali. Pada kelompok kontrol hanya diukur tekanan darah dan kadar gula darah sama dengan kelompok intervensi. Uji statistik yang digunakan Wilcoxon Sign Rank Test dan Mann Whitney U.

Hasil penelitian ini didapatkan ada pengaruh relaksasi otogenik terhadap penurunan tekanan darah ($p=0,001$) dan penurunan kadar gula darah ($p=0,011$). Kesimpulan penelitian ini, ada pengaruh relaksasi otogenik terhadap penurunan tekanan darah dan kadar gula darah pada klien DM tipe 2 dengan hipertensi.

<i>ABSTRACT</i>

Autogenic relaxation is a therapy predicted for handling hypertension and hyperglycemia. The purpose of this study was necessary to know the effect of autogenic relaxation on hypertension and level of blood glucose. The design of this research was quasi experiment. The samples have used the way of simple random sampling. The number of samples were 30 persons, divided into two groups. At the intervention group was done autogenic relaxation twice, and blood pressure and level of blood glucose were measured before and after autogenic relaxation. At control group wasn't done autogenic relaxation and blood pressure and level of glucose was measured the same as intervention group. Statistical tests used Wilcoxon Sign Rank Test and Mann Whitney U.

The result of this research are there were some effects of autogenic relaxation, namely the decreasing of blood pressure ($p=0,001$) and the decreasing level of blood glucose ($p=0,011$). It was concluded that there was effect of autogenic relaxation on decreasing blood pressure and level of blood glucose on the DM clients with hypertension.</i>