

Pengaruh terapi dzikir dan progressive muscle relaxation (PMR) terhadap kadar glukosa darah pasien diabetes melitus tipe 2 di RSUD Abdul Wahab Sjahranie Samarinda = The influence of dhikr and progressive muscle relaxation (PMR) on blood glucose level on diabetic type 2 patient in Abdul Wahab Sjahranie Hospital Samarinda

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Abstrak

Penelitian ini merupakan penelitian quasi experiment dengan desain pre test and post test nonequivalent control yang bertujuan untuk mengetahui efektifitas perpaduan terapi dzikir dan PMR terhadap kadar glukosa darah pasien DM tipe 2. Jumlah sampel 30 orang yang di rawat di Rumah Sakit yang terbagi dalam 3 kelompok intervensi (gabungan dzikir & PMR, Dzikir dan PMR) dengan kriteria inklusi tidak mengalami komplikasi akut DM, mendapatkan terapi insulin dan beragama Islam (khusus untuk intervensi dzikir). Hasil penelitian menunjukkan terdapat perbedaan yang signifikan antara kadar glukosa darah sebelum dan setelah intervensi pada masing-masing kelompok ( $p=0.000$ ) dan rata-rata kadar glukosa darah setelah intervensi antar kelompok ( $p=0.004$ ), Selisih rata-rata kadar glukosa darah sebelum dan setelah intervensi antar kelompok tidak menunjukkan perbedaan yang bermakna ( $p= 0.167$ ). Selisih mean rata-rata kadar glukosa darah sebelum dan setelah intervensi yang paling besar adalah pada kelompok intervensi gabungan terapi dzikir & PMR. Gabungan terapi dzikir dan PMR lebih efektif dalam menurunkan kadar glukosa darah dibandingkan terapi dzikir saja atau terapi PMR saja. Penelitian ini merekomendasikan agar gabungan terapi dzikir dan PMR dapat diterapkan di pelayanan klinik sebagai terapi tambahan pada terapi standar untuk membantu menurunkan kadar glukosa darah pasien DM tipe 2.

*This is quasi experiment study with pretest and posttest nonequivalent control. This study aimed to determine the influence of Dhikr and Progressive Muscle Relaxation on Blood Glucose score on Diabetic Type 2 Patient. Total sample on this study were 30 Diabetic Type 2 Patients who were hospitalized, divided into 3 groups patients. First group consist of patients who were received both dhikr and PMR; second group received only dhikr; and third group PMR. The inclusion criteria patients were not experience diabetic acute complication, received insulin therapy, and believe in Islam.*

*The result shows there is significant different between blood sugar level before and after intervention on every groups ( $p=0.000$ ) and significant different on the mean blood sugar level after intervention ( $p=0.004$ ). The mean different of blood glucose level before and after intervention shows no significant different amongst groups ( $p= 0.167$ ). The highest mean different was on blood sugar level before and after intervention was on group who received dhikr and PMR. The combination between Dhikr and Progressive Muscle Relaxation is more effective to decrease blood sugar level compare to a group who only received dhikr or PMR. This study recommends to give combination between Dhikr and Progressive Muscle Relaxation as a complementary therapy to standard (insulin) therapy to maintain blood sugar on normal level on diabetic type 2 patients.*