

**ANALISIS ASUHAN KEPERAWATAN PADA NY. N DENGAN GANGGUAN
SISTEM ENDOKRIN : DIABETES MELLITUS TIPE 2 DENGAN INTERVENSI
RELAKSASI OTOT PROGRESIF DI RUANG UMAR BIN
KHATTAB RSUD WELAS ASIH**

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ABSTRAK

Diabetes Mellitus Tipe 2 merupakan kondisi kronis yang menyebabkan komplikasi fisik (neuropati, gangguan vaskular, penurunan kualitas hidup) dan psikologis (depresi, kecemasan) yang mengganggu kepatuhan terapi dan kontrol glukosa. *Progressive Muscle Relaxation* (PMR) sebagai intervensi nonfarmakologis berpotensi membantu pengendalian gula darah. Penelitian ini berupa studi kasus pada Ny. N (55 tahun) dengan Diabetes Mellitus Tipe 2 di RSUD Welas Asih, menggunakan pendekatan keperawatan (pengkajian, diagnosis, intervensi, implementasi, evaluasi). PMR dilakukan selama 3 hari, dua kali sehari, dengan pemantauan tanda vital, kadar glukosa darah sewaktu, dan kondisi fisik melalui wawancara, observasi, pemeriksaan fisik, serta data laboratorium. Hasil menunjukkan penurunan kadar glukosa darah sewaktu dari 274 mg/dL menjadi 177 mg/dL. Pasien melaporkan berkurangnya keluhan lemas dan mual, serta peningkatan kenyamanan. Integritas kulit membaik berkat perawatan kelembapan, dan pasien dapat mengikuti instruksi PMR dengan baik. PMR diyakini mengurangi stres fisiologis dan emosional yang memicu hormon hiperglikemik. Temuan ini mendukung literatur yang menyebut bahwa PMR meningkatkan relaksasi, menurunkan resistensi insulin, dan memperbaiki kontrol glikemik. Kepatuhan terhadap diet dan terapi farmakologis turut mendukung hasil positif penurunan glukosa. PMR efektif sebagai intervensi tambahan dalam asuhan keperawatan Diabetes Mellitus Tipe 2 untuk menstabilkan kadar glukosa darah. Disarankan penerapan rutin PMR beserta edukasi, baik di rumah sakit maupun di rumah.

Kata kunci: Asuhan keperawatan, diabetes mellitus tipe 2, relaksasi otot progresif

**ANALYSIS OF NURSING CARE FOR MRS. N WITH ENDOCRINE SYSTEM
DISORDER: TYPE 2 DIABETES MELLITUS WITH PROGRESSIVE MUSCLE
RELAXATION INTERVENTION IN UMAR BIN KHATTAB 3 WARD,
WELAS ASIH REGIONAL GENERAL HOSPITAL**

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ABSTRACT

Type 2 Diabetes Mellitus is a chronic condition that leads to physical complications (such as neuropathy, vascular disorders, and reduced quality of life) and psychological effects (including depression and anxiety), which interfere with treatment adherence and glycemic control. Progressive Muscle Relaxation (PMR), as a non-pharmacological intervention, has the potential to help regulate blood glucose levels. This study presents a case involving Mrs. N, a 55-year-old patient with T2DM at RSUD Welas Asih. The nursing care followed the steps of assessment, diagnosis, intervention, implementation, and evaluation. PMR was administered twice daily for three days, while vital signs, random blood glucose levels, and physical condition were monitored through interviews, observations, physical examination, and laboratory data. The results showed a decrease in random blood glucose from 274 mg/dL to 177 mg/dL. The patient reported reduced feelings of weakness and nausea, along with increased comfort. Skin integrity improved due to moisturizing care, and the patient was able to follow PMR instructions effectively. PMR is believed to reduce physiological and emotional stress that triggers hyperglycemia-inducing hormones. These findings support literature indicating that PMR enhances relaxation, lowers insulin resistance, and improves glycemic control. Compliance with dietary and pharmacological therapy further contributed to positive glucose-lowering outcomes. PMR is effective as an adjunct intervention in nursing care

Keywords : Nursing care, type 2 diabetes mellitus, progressive muscle relaxation