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Bogor Nursing DIII Study Program

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Application of Progressive Muscle Relaxation Therapy on Sleep Quality in
Clients with Type 2 Diabetes Mellitus in the RW 08 Kel. Bubulak Kec. West
Bogor

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ABSTRACT

According to the International Diabetes Federation (2021), 19.5 million people in Indonesia suffer from diabetes. In Bogor Regency alone, there were 63,978 diabetes patients, and in Bogor City, there were 19,570 patients in 2022. Diabetes patients often experience discomfort and physical issues, one of which is sleep disturbances. High blood sugar levels can cause dehydration and increased urination, while low levels can make patients feel tired in the morning. Progressive muscle relaxation has benefits, one of which is improving sleep quality. The purpose of this case study is to determine the effect of progressive muscle relaxation on the sleep quality of type 2 diabetes patients in RW 08, Bubulak Village, West Bogor District. This study uses a case study design. Sampling was done non-probabilistically with the purposive sampling technique through PSQI screening, resulting in four individuals meeting the sample criteria. The results show that the application of progressive muscle relaxation is effective in improving the sleep quality of type 2 diabetes patients by 3-5 points. The application of progressive muscle relaxation is recommended to improve the sleep quality of type 2 diabetes patients in RW 08, Bubulak Village, West Bogor District.

Keywords : Diabetes Mellitus Type 2, Progressive Muscle Relaxation, Sleep
Quality

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