

## ABSTRAK

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**Judul : Analisis Asuhan Keperawatan Pada Tn. M dengan Diabetes Melitus Tipe 2 yang diberikan Evidence Based Practice Terapi Relaksasi Benson untuk Penurunan Kadar Gula Darah di Ruang Non Bedah Penyakit Dalam Pria RSUP Dr. M.Djamil Padang**

Diabetes mellitus tipe 2 merupakan kondisi saat gula darah dalam tubuh tidak terkontrol akibat gabungan sensitivitas sel beta pancreas untuk menghasilkan hormone insulin yang berperan sebagai pengontrol kadar gula darah dalam tubuh. Meningkatnya kadar glukosa darah serta resiko komplikasinya membuat setiap penderita diabetes melitus cenderung memiliki perasaan negative seperti stress, marah dan rasa tidak berdaya Pada pengkajian Tn. M didapatkan Tn. M mengeluh merasa lemah dan lesu, terdapat luka gangrene derajat IV pada ekstremitas bawah kanan, Tn. M mengatakan sudah menderita DM sejak 10 tahun yang lalu, tidak rutin minum obat dan sempat putus kontrol karena pandemi, memiliki riwayat keluarga DM, dan Tn. Mengatakan gelisah, jenuh, dan stress selama menjalani pengobatan.. hal ini dapat menyebabkan terjadinya ketidakstabilan pada kadar glukosa darah pada Tn. M karena faktor yang dapat menyebabkan meningkatnya kadar glukosa darah salah satunya yaitu faktor genetik, usia > 40 tahun, ketidakpatuhan dan stress. Stress menyebabkan meningkatnya peningkatan sekresi hormone epinefrin dan kortisol yang Dapat meningkatkan kadar glukosa darah. Dari data yang didapatkan pada pengkajian didapatkan masalah keperawatan pada Tn. M. yaitu terjadinya ketidakstabilan kadar glukosa darah. Dari masalah keperawatan itu penulis memberikan terapi relaksasi benson yang diberikan selama 10 menit untuk menurunkan kadar glukosa darah pada pasien DM tipe 2 dimana hasilnya menunjukkan ternyata efektif menurunkan kadar glukosa darah dan tingkat stress.

Daftar Pustaka : (2012-2022)

Kata Kunci : DM Tipe 2, Kadar Gula Darah, Terapi Relaksasi Benson

## **ABSTRACT**

**Name** : Fadilla, S.Kep

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**Title** : *Nursing Care Analysis on Mr. M with Type 2 Diabetes Mellitus who was given Evidence-Based Practice of Benson Relaxation Therapy for Lowering Blood Sugar Levels in the Non-Surgery Room of Men's Internal Medicine at RSUP Dr. M. Djamil Padang*

*diabetes mellitus tipe 2 is a condition where blood sugar in the body is not controlled due to the combined sensitivity of pancreatic beta cells to produce the hormone insulin which acts as a controller of blood sugar levels in the body. Increased blood glucose levels and the risk of complications make every diabetes mellitus sufferer tend to have negative feelings such as stress, anger and helplessness. In the study of Mr. M got Mr. M complained of feeling weak and lethargic, there was grade IV gangrene on the right lower extremity, Mr. M said he had been suffering from DM for 10 years, did not take medication regularly and had lost control due to the pandemic, had a family history of DM, and Mr. Says he is anxious, bored and stressed while undergoing treatment... this can cause instability in Mr.'s blood glucose levels. M because factors that can cause increased blood glucose levels include genetic factors, age > 40 years, non-compliance and stress. Stress causes increased secretion of the hormones epinephrine and cortisol which can increase blood glucose levels. From the data obtained in the assessment, it was found that Mr. M. One of the problems with nursing care for Mr. M with DM is the occurrence of instability in blood glucose levels. From this nursing problem, the author provides Benson relaxation therapy to reduce blood glucose levels in type 2 DM patients. The nursing problem of diabetes mellitus is partially resolved. After nursing care was carried out, the results showed that it was effective in reducing blood glucose levels and stress levels.*

**Reference** : (2012-2022)

**Keyword** : *Types 2 Diabetes, Blood Sugar Levels, Benson Relaxation Therapy*