

ABSTRAK

PENGARUH RELAKSASI BENSON DAN TERAPI MUROTTAL SURAT AR-RAHMAAN TERHADAP KADAR GLUKOSA DARAH PUASA DAN SKOR STRES PASIEN DIABETES MELLITUS TIPE 2

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Diabetes yang tidak terkontrol dapat menimbulkan komplikasi fisik maupun psikologis. Penelitian ini bertujuan untuk menganalisis pengaruh relaksasi Benson dan terapi murottal Surat Ar-Rahmaan terhadap kadar glukosa darah puasa dan skor stres. Desain penelitian ini adalah *quasi experimental study* dengan rancangan *two group pre test-post test control group design*. Penelitian dilakukan di Puskesmas Maos dan Klinik Graha Amanah Maos. Sampel diambil dengan *total sampling*, berjumlah 60 responden yang memenuhi kriteria inklusi. Responden terbagi menjadi kelompok kontrol dan intervensi. Masing-masing kelompok berjumlah 30 responden. Kelompok intervensi mendapatkan relaksasi Benson dan terapi murottal, sedangkan kelompok kontrol hanya diberikan relaksasi Benson. Perlakuan diberikan 2 kali sehari, pada pagi dan sore, selama 7 hari.

Hasil penelitian menunjukkan terdapat perbedaan selisih kadar glukosa darah puasa antar kelompok (p value=0,000; Z skor=-4,097; $Mean \pm SD$ intervensi=-66,300 \pm 45,672; $Mean \pm SD$ kontrol=-23,766 \pm 13,438). Tidak terdapat perbedaan selisih skor stres antar kelompok (p value=0,420; Z skor=-0,807; $Mean \pm SD$ intervensi=-6,367 \pm 1,847; $Mean \pm SD$ kontrol=-5,967 \pm 1,629). Relaksasi Benson dan terapi murottal dapat menurunkan kadar glukosa darah secara signifikan tetapi tidak menurunkan skor stres secara signifikan pada kelompok intervensi.

Kata Kunci: diabetes melitus tipe 2, glukosa darah puasa, skor stres, murottal, relaksasi Benson

ABSTRACT

THE EFFECT OF BENSON'S RELAXATION AND MUROTTAL SURAAH AR-RAHMAAN TO THE FASTING BLOOD GLUCOSE LEVEL AND STRESS SCORE IN PATIENT WITH TYPE 2 DIABETES MELLITUS

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Uncontrolled diabetes might generate the physical and psychological complication. The objective of this study was to analyze the effect of Benson's relaxation and murottal "Ar-Rahmaan" to the fasting blood glucose (FBG) and stress score. This research was quasi experimental study with two group pre test-post test control group design. The research has been done in the Health Care Center of Maos and "Graha Amanah" Clinic of Maos. Sample technique used total sampling, with 60 according to the inclusion criteria. The respondents were divided into control group and intervention group. Every group had 30 respondents. The intervention group was given Benson's relaxation and murottal, meanwhile the control group was given the Benson's relaxation only. This intervention was done twice a day, in the morning and in the afternoon, for 7 days.

The results showed the difference of the FBG level before and after intervention between groups (p value=0,000; Z score=-4,097; $\text{Mean} \pm \text{SD}$ intervention group= -66,300 \pm 45,672; $\text{Mean} \pm \text{SD}$ control group= -23,766 \pm 13,438). There was no difference of the stress score between groups (p value=0,420; Z score=-0,807; $\text{Mean} \pm \text{SD}$ intervention group=-6,367 \pm 1,847; $\text{Mean} \pm \text{SD}$ control group=-5,967 \pm 1,629). Benson's relaxation and murottal therapy could decrease FBG significantly but it could not decrease stress score significantly in intervention group.

Keyword: *type 2 diabetes mellitus, FBG, stress score, murottal, Benson's relaxation*