THE APPLICATION OF BENSON RELAXATION TECHNIQUE TO REDUCE BLOOD GLUCOSE LEVELS IN PATIENTS WITH TYPE 2 DIABETES MELLITUS

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ABSTRACT

***Background** : Type 2 Diabetes Mellitus (T2DM) is a chronic metabolic disorder caused by insulin resistance that requires continuous management to prevent complications. A non-pharmacological approach to control blood glucose levels is the Benson relaxation technique, which combines breathing regulation with the repetition of a spiritually meaningful word to suppress physiological stress. This study aimed to determine the effect of the Benson relaxation technique on reducing random blood glucose (RBG) levels in T2DM patients. This qualitative descriptive study applied a case study approach involving 2 T2DM respondents in Sumberharjo Village. Data were collected by comparing RBG levels measured three times: pre-intervention, on day 4, and post-intervention after 7 consecutive days of therapy (twice daily, 10–15 minutes). The obtained data were analyzed narratively. The results demonstrated a gradual reduction in blood glucose levels for both subjects. The respondents' initial mean RBG was 291.5 mg/dL, decreasing to 253.0 mg/dL on day 4, and reaching 209.5 mg/dL on day 8. The total average reduction was 82.0 mg/dL (28.1%). In conclusion, the application of the Benson relaxation technique is effective in reducing random blood glucose levels in patients with Type 2 Diabetes Mellitus.*

Keywords: Type 2 Diabetes Mellitus, Benson Relaxation Technique, Blood Glucose Level