THE PROVISION OF PROGRESSIVE MUSCLE RELAXATION THERAPY AS AN EFFORT TO LOWER BLOOD SUGAR IN TYPE 2 DIABETES MELLITUS PATIENTS THROUGH VIDEO MEDIA

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SUMMARY

***Background**: Indonesia ranked fifth globally in terms of the number of people with diabetes in 2026, with a prevalence of 11.3%, equivalent to 20.4 million adults. Type 2 Diabetes Mellitus (T2DM) is a non-communicable disease characterized by unstable blood glucose levels due to insulin resistance and decreased pancreatic beta-cell function. Non-pharmacological management, such as Progressive Muscle Relaxation (PMR) therapy, is known to effectively suppress stress hormones and activate the parasympathetic nervous system to stimulate insulin secretion, thereby lowering blood sugar levels.*
***Objective**: To produce an instructional video on Progressive Muscle Relaxation therapy aimed at lowering blood sugar levels in patients with Type 2 Diabetes Mellitus. **Methods**: This final project employed a media development method—specifically, an audiovisual animated video for Communication, Information, and Education (CIE)—to guide T2DM patients in performing Progressive Muscle Relaxation techniques independently and correctly. A trial was conducted with three respondents. **Results**: The project resulted in the creation of an engaging and suitable audiovisual educational video on Progressive Muscle Relaxation therapy.*
***Keywords**: Type 2 Diabetes Mellitus, Progressive Muscle Relaxation, Blood Sugar Levels.*