

## Perbandingan efektifitas terapi zikir dengan relaksasi Benson terhadap kadar Glukosa darah pasien Diabetes Melitus di Sumatera Barat = Comparison of effectiveness the Dhikir relaxation to blood Glucose levels in Diabetes Mellitus in West Sumatera

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### Abstrak

Peningkatan kadar glukosa darah dapat disebabkan oleh peningkatan hormon kortisol dan epineprin yang terjadi selama stress. Terapi zikir dan relaksasi Benson dapat menurunkan kadar glukosa darah dengan menimbulkan respon relaksasi. Desain penelitian ini adalah kuasi eksperimen yang bertujuan membandingkan efektifitas terapi zikir dengan relaksasi Benson terhadap penurunan kadar glukosa darah pasien diabetes mellitus. Sampel berjumlah 72 orang yang terdiri dari 24 orang kelompok kontrol, 24 orang kelompok zikir, dan 24 orang kelompok relaksasi Benson.

Hasil penelitian menunjukkan terdapat perbedaan yang signifikan antara kadar glukosa darah sebelum dan setelah intervensi pada masing-masing kelompok ( $p=0,00$ ), selisih rata-rata kadar glukosa darah sebelum dan setelah intervensi antar kelompok ( $p=0,000$ ), dan rata-rata kadar glukosa darah setelah intervensi antar kelompok ( $p=0,00$ ). Terapi zikir lebih efektif dibandingkan relaksasi Benson dalam menurunkan kadar glukosa darah.

Penelitian ini merekomendasikan agar perawat menerapkan terapi zikir dan relaksasi Benson sesuai dengan keyakinan dan tingkat keimanan pasien serta direkomendasikan penelitian selanjutnya dengan desain Randomized Controlled Trial (RCT) dengan jumlah sampel yang lebih besar.

*Increased blood glucose levels can be caused by increased hormone cortisol and epineprin that occur during stress. Dhikr Therapy and Benson relaxation can reduce blood glucose levels by causing a relaxation response. The design was quasi-experimental study aims to compare the effectiveness of dhikr therapy with Benson relaxation to blood glucose levels of patients with diabetes mellitus. Sample of 72 people consisted of a control group of 24 people, 24 people of the group of dhikr therapy, and 24 people of Benson relaxation.*

The results showed a significant difference between blood glucose levels before and after intervention in each group ( $p = 0.000$ ), the difference in average blood glucose levels before and after intervention between groups ( $p = 0.000$ ), and the mean of blood glucose levels after the intervention ( $p = 0.00$ ). Dhikr therapy is more effective than Benson relaxation on reducing blood glucose levels.

This study recommends that nurses to apply treatment dhikr therapy and relaxation Benson in accordance with levels of faith and confidence of patients and recommended further research by design Randomized Controlled Trial (RCT) with a larger number of samples.