

Asuhan keperawatan pada pasien diabetes mellitus dan hipertensi dengan ansietas di Ruang Gayatri RS dr. Marzoeki Mahdi Bogor = Anxiety care plan on patient with diabetes mellitus type 2 and hypertension in Gayatri Room dr. Marzoeki Mahdi Hospital Bogor

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Abstrak

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Globalisasi dan perkembangan teknologi menjadi salah satu factor terjadinya urbanisasi. Urbanisasi yang tidak terkendali menyebabkan berbagai masalah kesehatan pada masyarakat perkotaan, seperti Diabetes Mellitus Tipe 2 dan Hipertensi. Kedua penyakit tersebut disebabkan oleh gaya hidup dan pola makan masyarakat perkotaan yang tidak sehat. Lebih dari 26% masyarakat perkotaan menderita DM Tipe 2 dan hipertensi. Masalah psikosial yang biasa dialami oleh pasien dengan DM Tipe 2 dan hipertensi adalah ansietas. Ansietas adalah perasaan ketidaknyamanan dan kekhawatiran yang samar terhadap sesuatu yang mengancam. Intervensi yang dapat diberikan kepada pasien DM Tipe 2 dan hipertensi dengan ansietas adalah teknik relaksasi tarik napas dalam, distraksi, dan edukasi. Teknik relaksasi napas dalam dan edukasi pada klien terbukti dapat menurunkan rasa cemas dan tekanan darah pada klien.

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ABSTRACT

Globalization and technology development become the factors of urbanization. Uncontrolled urbanization makes many health problems towards urban people, such as Diabetes Mellitus Type 2 and hypertension. Those disease are caused by unhealthy lifestyle and eating habit of urban people. More than 26% of urban people suffered DM Type 2 and hypertension. Psychosocial problem that common occurred towards urban people whose DM Type 2 and hypertension is anxiety. Anxiety is discomfort feeling and unspecified apprehension caused by something threatening. Intervention that can give towards people with DM Type 2 and hypertension is deep breathing relaxation. Deep breathing relaxation can decrease anxiety level and blood pressure.;lobalization and technology development become the factors of urbanization. Uncontrolled urbanization makes many health problems towards urban people, such as Diabetes Mellitus Type 2 and hypertension. Those disease are caused by unhealthy lifestyle and eating habit of urban people. More than 26% of urban people suffered DM Type 2 and hypertension. Psychosocial problem that common occurred towards urban people whose DM Type 2 and hypertension is anxiety. Anxiety is discomfort feeling and unspecified apprehension caused by something threatening. Intervention that can give towards people with DM Type 2 and hypertension is deep breathing relaxation. Deep breathing relaxation can decrease anxiety level and blood pressure., llobalization and technology development become the factors of urbanization. Uncontrolled urbanization makes many health problems towards urban people, such as Diabetes Mellitus Type 2 and hypertension. Those disease are caused by unhealthy lifestyle and eating habit of urban people. More than 26% of urban people suffered DM Type 2 and hypertension. Psychosocial problem that common occurred towards urban people whose DM Type 2 and hypertension is anxiety. Anxiety is discomfort feeling and unspecified apprehension caused by something threatening. Intervention that can give towards people with DM Type 2 and hypertension is deep breathing relaxation. Deep breathing relaxation can decrease

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