

**PENGARUH TERAPI SLOW DEEP BREATHING TERHADAP
PENURUNAN TINGKAT STRES PADA PENDERITA
DIABETES MELITUS DI WILAYAH PUSKESMAS
KEDUNGUMUNDU SEMARANG**

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Latar Belakang : Penderita diabetes melitus mempunyai resiko tingkat stres yang cukup tinggi. Tingkat stres dapat menyebabkan gangguan hormon adrenalin yang dihasilkan ketika tubuh sedang mengalami stres, cemas dan takut sehingga memperburuk keadaan penderita dan ketidakmampuan dalam kehidupan sehari-hari. Prevelensi diabetes melitus dengan jumlah kasus mencapai 46.174 kasus dan menduduki peringkat ke-1 di puskesmas kedungmudu semarang, dengan penderita diabetes melitus sebanyak 120 penderita. Teknik dalam menurunkan tingkat stres pada penderita diabetes melitus salah satunya dapat menggunakan metode terapi nonfarmakologi yaitu dengan terapi *slow deep breathing*.

Tujuan Penelitian : Penelitian ini bertujuan menganalisis pengaruh terapi *slow deep breathing* terhadap penurunan tingkat stres pada penderita diabetes melitus di wilayah puskesmas kedungmudu semarang.

Metode penelitian : Desain penelitian ini menggunakan *quasy eksperimen* dengan rancangan *pre-post test control group design*, jumlah sampel 32 responden.

Hasil Penelitian : hasil pengolahan data dengan uji *Independent T Test* diperoleh nilai $p=0.000 < \alpha 0,05$. Berdasarkan hasil yang diperoleh dapat disimpulkan bahwa terdapat pengaruh antara tingkat stres sebelum dan sesudah diberikan terapi *slow deep breathing*.

Simpulan : Terdapat pengaruh *slow deep breathing* terhadap penurunan tingkat stres pada penderita diabetes melitus.

Saran : Rekomendasi dari penelitian ini dapat menerapkan terapi *slow deep breathing* terhadap penurunan tingkat stres penderita diabetes melitus sebagai intervensi mandiri.

Kata kunci : SDB, Diabetes Melitus, Tingkat Stres

**THE EFFECT OF SLOW DEEP BREATHING THERAPY TO REDUCE
THE STRESS LEVELS ON PATIENTS WITH
DIABETES MELLITUS AT PUBLIC HEALTH CENTER OF
KEDUNGmundu SEMARANG**

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Background: Diabetes mellitus have a higher risk of stress. The level of stress can lead to some adrenaline hormone disorder produced when the body is experiencing stress, anxiety and fear which may worsen the patient's condition and even disability in everyday life. The prevalence of diabetes mellitus in Kedungmundu Public Health Center was ranked number 1 in the city of Semarang, with 120 cases of diabetes mellitus. The slow deep breathing therapy becomes one of the techniques to reduce stress levels in people with diabetes mellitus from nonpharmacological therapy methods.

Objective: This study was aimed to analyze the effect of slow deep breathing therapy to reduce the stress level on people with diabetes mellitus at the Public Health Center of Kedungmundu Semarang.

Method: This study used a *quasi-experimental* design of the *pre-post test control group design*, with a total sample of 32 respondents.

Finding: The results of data processing with *Independent T Test* obtained p-value = 0.000 < α 0.05. Based on the finding, it could be concluded that there was an influence between the level of stress before and after given the slow deep breathing therapy.

Conclusion: There was an effect of slow deep breathing to reduce the stress levels on patients with diabetes mellitus.

Suggestion: the slow deep breathing therapy could be implemented to reduce the stress levels on patients with diabetes mellitus as an independent intervention.

Keywords: SDB, Diabetes Mellitus, Stress Level
