

THE INFLUENCE OF LATIHAN PASRAH DIRI (SELF SURRENDER PRACTICE)

TO SMALL DENSE LOW DENSITY LIPOPROTEIN LEVEL

IN PATIENT WITH TYPE 2 DIABETES MELLITUS WITHOUT DEPRESSION

**Background:** Type 2 Diabetes Mellitus is related to raising small dense LDL (sdLDL) level and increase the risk of atherosclerosis. It is known that acts as a key modulator of small dense LDL. Stress is a psychological condition that is common in patient with Type 2 Diabetes Mellitus. Stress itself can activate stress hormones which can increase blood glucose and LDL level. Latihan Pasrah Diri (self surrender practice) is a non-pharmacological therapy that has been widely used to treat mental stress. LPD applied to Diabetes Mellitus patient is expected to reduce stress level so that will also have impact on the improvement of small dense LDL. Thus, small dense LDL can be used as a parameter of lipid reduction in Type 2 Diabetes Mellitus patients without depression.

**Aim:** to determine wheter there is an effect of LPD on changes in small dense LDL level in Diabetes Mellitus patients without depression.

**Method:** This study is an experimental, single blind, Randomized Controled Trial conducted at Dr. Soeradji Tirtonegoro Klaten, Central Java Center Hospital. The research took place for 8 weeks from March-May 2018. The subjects were outpatients visitor who met the inclusion and exclusion criteria. The relationship between sdLDL and LPD was analyzed by independnent t-test. Other variabels recorde too.

**Hasil Penelitian:** The subects consist of 42 people who divided into 2 groups, control and treatment group. At the end of study, there was a decrease in sdLDL levels with LPD intervention, but it was not statistically significant ( $p = 0.699$ ). LPD also succeeded in reducing PSS but the improvement was not statistically significant ( $p = 0.655$ ).

**Conclusion:** *Latihan pasrah diri* can decrease the sdLDL levels in patient with type 2 Diabetes Mellitus without depression but statistically not significant.

**Keywords :** *Latihan Pasrah Diri (LPD), small dense LDL(sdLDL), Diabetes mellitus*