ABSTRACT

IMPLEMENTATION OF PROGRESSIVE MUSCLE RELAXATION TECHNIQUES TO IMPROVE SLEEP QUALITY OF ELDERLY

Lutfi Kurniwati
B2015063
Nursing Diploma Study Program
Consellor
1. Wahyu P, S.Kep, Ns, M.Sc
2. Annisa Andriyani, M.PH

ABSTRACT

Background: Sleep is a sleep need that must be fulfilled for each individual and occurs naturally and has physiological and psychological functions. Elderly is not a disease but is an advanced stage of a life process characterized by a decrease in the body's ability to adapt to environmental stress. Progressive Muscle Relaxation Technique is a relaxation therapy that is given to clients by tensing certain muscles and then relaxing which is done with movements for 10-20 minutes. Sleep quality is a measure where someone gets the ease of starting to sleep, able to maintain sleep, and feel relaxed after waking up. Objective: This application is to determine the effect of progressive muscle relaxation techniques on elderly people in Gendingan village, RT 03 RW XV Jebres Surakarta. Method: This research design uses descriptive method. Results: The results of this study measured sleep quality before progressive muscle relaxation 19 and 15, while after progressive muscle relaxation 11 and 9 so that the results of this application showed an increase in sleep quality before and after progressive muscle relaxation. Conclusion: The application of progressive muscle relaxation techniques has been shown to improve sleep quality in the elderly. Suggestion: progressive muscle relaxation can be used as an alternative to improve the quality of sleep in the elderly.

Kata kunci: Elderly, Sleep Quality, Progressive Muscle Relaxation