APPLICATION OF PROGRESSIVE MUSCLE RELAXATION ON QUALITY OF SLEEPING ON ELDERLY IN THE PANTI WREDHA DHARMA BHAKTI PAJANG LAWEYAN SURAKARTA

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ABSTRACT

Background: Elderly is a condition that occurs in human life. Sleep is a need that must be fulfilled for each individual and occurs naturally and has physiological and psychological functions. Management of bad sleep quality can be divided pharmacologically and non-pharmacologically. However, the drug has a negative effect, causing sufferers of sleep disorders to experience drug dependence so that good quality sleep is not achieved. One of the non-pharmacological treatment for overcome sleep disorders is a progressive muscle relaxation technique. Progressive muscle relaxation therapy is getting focus on a muscle activity, by identifying tense muscles and then facilitating by doing relaxation techniques to get a relaxed. Goal: Describing the quality of sleep in the elderly before and after the provision of progressive muscle relaxation in the Panti Wredha Dharma Bhakti, Pajang, Laweyan, Surakarta. Method: This application uses case study research with descriptive research designs. Sampling uses a PSQI resume sheet, with the number of two respondents. Results: The results of this study there were the differences in the quality of sleep Tn P before relaxation value was 15 (bad sleep quality) after the value of 4 was correlated (good sleep quality). Mr. R before relaxing was 16 (bad sleep quality) after relaxing the value was 3 (good sleep quality). Conclusion: The application of progressive muscle relaxation has been shown to improve the quality of sleep in the elderly at the Panti Wredha Dharma Bhakti, Pajang, Laweyan, Surakarta.

Keys: Quality of sleep, Elderly, Progressive muscle relaxation