APPLICATION OF PROGRESIFE MUSCLE RALAKSATON
CONCERN INSOMNIA FOR OLD PERSON IN PANTI WERDHA DARMA BAKTI PAJANG LAWEYAN SURAKARTA

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ABSTRACT

Background: rating total development old person can makes health problem physical or psychology, as for some problem that usualy attack old person are sleep interferences. One of the therapy in non farmakologis in resolve inteference sleep is relaksation muscle progresive technique. Relaksation progresive muscle technique is central attention in certain muscle activity, with indentification the muscle that tight then lower the tightness with doing relaksation technique for getting rileks felling. Purpose: to describe insomnia in old person before and after giving relaksation progresive muscle at Panti Wredha Dharma Bhakti, Pajang, Laweyan, Surakarta. Method: this assemblinf ussing case research with desain decriptive research. Taking sample using quesinon papper KSPBJ-IRS, with 2 respondenses. Result: result in this research there are different insomnia before and after to be done progresive muscle relaksation tehcnique assembling in mr.n with scor 32 ( hard insomnia) and insomnia after to be done 7 days therapy with continuyt to be 27 ( light insomnia) .while in mr. P before doing relaksation progresive muscle getting score 30 tobe score 23. Conclusion: this progresive muscle assembling be proved for lower inaomnia in old person at Panti Wredha Dharma Bhakti, Pajang, Laweyan, Surakarta

Keyword: Insomnia, progresif muscle relaksation, the elderly