APPLICATION OF BENSON RELAXATION IN OVERCOMING DISTURBANCE IN SLEEP PATTERNS IN THE ELDERY AT JOGODAYOH KALIKOTES VILLAGE KECAMATAN KALIOTES, KALIKOTES SUB-DISSERTIC PATEN KLATEN DISTRIC

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ABSTRACT

Background: Sleep patterns often occur in the elderly, because in the elderly change of physical experience, mentally, psychosocial, spiritual in developing. Sleep patterns in the elderly if not handled well, will occur some complicated. One of handle non-fakmakologi in sleep patterns is benson relaxation, or meaning else are mixed between technique relaxation respond and system individuals belief. Purpose: to description of sleep patterns before and after give a Relaxation Benson in the elderly. Method: this application with example of study which use a descript method and do observation to events that have occurred with two responses who will be on sleep patterns before and after given Relaxation Benson in the elderly. Results: result in this research there are different sleep patterns before and after to be done Relaxation Benson in Mrs. J with score 19 (hard sleep patterns) after to be done score 11 (light sleep patterns), while in Mr. T before doing Relaxation Benson score 19 (hard sleep patterns) after to be done score 8 (No experiencing sleep patterns). Conclusion: after given a Relaxation Benson can decline on sleep patterns which is gradual in the elderly at jogodayoh kalikotes village kecamatan kalikotes, kalikotes sub-distric paten klaten distric.

Key words: sleep patterns, elderly, the Relaxation Benson.