

PROGRESSIVE MUSCLE RELAXATION CONCERN INSOMNIA FOR OLD THROUGH POCKET BOOK MEDIA

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Essence

Background: *one of the most common sleep disorders known to the public is insomnia. Insomnia is difficulty in initiating or maintaining sleep. Approximately 60% elderly people in Indonesia are reported to have insomnia. One of the non-pharmacological treatments in dealing with sleep disorders is progressive muscle relaxation techniques. Progressive muscle relaxation is focusing on one muscle activity in a tense state and then relaxing it again.* ***Purpose:*** *Lowering the level of insomnia with progressive muscle relaxation.* ***Method:*** *Ussing case research with desain descriptive research, taking sample using kuisioner papper KSPBJ-IRS.*

Keyword: *Insomnia, progresif muscle relaxation, the elderly*

