

**THE APPLICATION OF PROGRESSIVE MUSCLE RELAXATION
THERAPY TO IMPROVE SLEEP QUALITY IN THE ELDERLY IN
TULAKAN VILLAGE**

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ABSTRACT

Background: Indonesia is included in the incidence of sleep quality disorders which is quite high. The data found that at the age of 65 years there were 67% of the elderly experiencing sleep quality disorders. Poor sleep quality can have a negative impact on physical, mental and quality of life. **Objective :** To describe the development of improving the quality of sleep in the elderly before and after progressive muscle relaxation in Tulakan Village. **Method :** This application is an applied type with a case study that uses the application method of the research that has been done and observes the results of the application. **Results:** The value of sleep quality before being given progressive muscle relaxation is in the category of poor sleep quality. The value of sleep quality after being given progressive muscle relaxation is included in the category of good sleep quality. There are differences in the development of sleep quality in each respondent before and after the progressive muscle relaxation intervention. **Conclusion :** There is a difference in the value of sleep quality in the two respondents between the first week and the second week. Both respondents experienced an increase in sleep quality.

Keywords: Sleep quality, elderly, progressive muscle relaxation