

# ***THE EFFECT OF BENSON'S RELAXATION TECHNIQUE ON ELDERLY SLEEP QUALITY***

Rafika Prasasti, Asita Rohmah Mutnawasitoh

[prasastirafika@gmail.com](mailto:prasastirafika@gmail.com)

'Aisyiyah University Surakarta

## **ABSTRACT**

**Background:** Most of the elderly experience poor sleep quality which can lead to many health problems in the elderly. Benson's relaxation technique can be done to improve the quality of sleep of the elderly. **Purpose:** To determine the effect of Benson's relaxation technique on the quality of elderly sleep at Bugangin Village. **Methods:** This study used a pre-post test non-equivalent control group design with a total of 30 subjects divided into intervention groups 20 subject and control groups of 18 subjects. Research instruments used questionnaires, interviews and PSQI measurements. Benson's relaxation technique intervention in the elderly was carried out 2x a day for 1 month. Data analysis using Wilcoxon effect test and Mann Whitney effect difference test. **Result:** The results of this study indicate that there is an influence on both groups between before and after the intervention, in the intervention group the PSQI value ( $p=0.008$ ), while the control group PSQI value ( $p=0.014$ ). There is a difference in influence between the two groups after being given PSQI value intervention ( $p=0.022$ ). **Conclusion:** There is an influence on each group and there is a difference in influence between the two.

**Keywords:** Sleep Quality, benson's relaxation technique, PSQI