

**APPLICATION OF PROGRESSIVE MUSCLE RELAXATION TO SLEEP
QUALITY IN ELDERLY WOMEN IN NGIJO VILLAGE, TASIKMADU,
KARANGANYAR DISTRICT**

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ABSTRACT

Background: Changes in sleep quality in the elderly can be caused by declining physical abilities of the elderly. Factors that can cause insomnia in the elderly include environmental, psychological, stress, illness, and lifestyle. Old age is a condition that occurs in human life. Aging is a lifelong process that begins early in life and not at any particular point in time. Progressive muscle relaxation is a therapy with the aim of providing calm and emotional balance as well as the mind by focusing on reducing tension in tense muscle activity by using relaxation techniques. **Objective:** to find out the results of implementing Progressive Muscle Relaxation on Sleep Quality in Elderly Women in Ngijo Village, Tasikmadu, Karanganyar. **Method:** This application used a descriptive design on 2 elderly female respondents, each respondent was given intervention for 2 weeks every afternoon for 30 minutes and was measured using the PSQI questionnaire. **Results:** There was a change in sleep quality scores before and after applying progressive muscle relaxation. **Conclusion:** Progressive muscle relaxation therapy can improve sleep quality in elderly women who experience sleep quality disorders.

Key words: sleep quality, elderly, progressive muscle relaxation thera

