

ABSTRACT

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SWEDISH MASSAGE THERAPY REDUCE THE ANXIETY LEVEL AMONG OLDER PEOPLE AT THE NURSING HOME IN DHARMA BHAKTI PAJANG SURAKARTA	
ABSTRACT	
<p>Background: Anxiety usually occurs in the elderly who experience natural disturbances that are characterized by deep fears and worries that continue. In Indonesia the incidence of anxiety is estimated at 24 million older people by pain during anxiety and Surakarta the highest number older with anxiety is in the nursing home in Dharma Bhakti Pajang Surakarta. Anxiety can be overcome with Swedish massage therapy. Purpose : Knowing the influence of therapy Swedish massage on the level of elderly anxiety at the nursing home in Dharma Bhakti Pajang Surakarta. Method : The research is a quantitative research study. The methodology used in the research is Quasy experiment which pretest-posttest Control Group Design. Sampling using Purposive sampling technique, by setting the number of samples as many as 15 respondents, The research instrumen used an HARS. Analyzed data with Wilcoxon test. Result : The results showed a significant value on therapy Swedish massage on the level of elderly anxiety with a result (pvalue) of $0,005 < 0,05$. Conclusion : There is a significant effect of therapy Swedish massage on the level of elderly anxiety at the nursing home in Dharma Bhakti Pajang Surakarta</p>	
Keywords : Older, Anxiety, Swedish massage..	