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**APPLICATION OF PROGRESSIVE MUSCLE RELAXATION TO INSOMNIA  
LEVEL ON LANSIA IN PAYI WREDA DHARMA BAKTI SURAKARTA**

**ABSTRAK**

**Background:** Elderly is a group of people who most often experience insomnia sleep disorders. Insomnia is the inability of individuals to sleep with sufficient quantity and quality. Progressive muscle relaxation therapy is an alternative therapy that can be done for insomnia sufferers. Several studies have shown the benefits of progressive muscle relaxation to reduce the level of insomnia. **Objective:** To determine the effect of progressive muscle relaxation on the level of insomnia in the elderly at the nursing home in Dharma Bakti Surakarta. **Method:** This study was conducted using a case study with descriptive research design. Sampling using the questionnaire KSPBJ-IRS, with the number of 2 respondents, while the research instrument observation sheet and IRS sheet. **Results:** After applying progressive muscle relaxation to the level of insomnia in the elderly for 7 consecutive days from the average of the two respondents, the results obtained before being applied were on the scale 33 which included in the category of severe insomnia. After applying the average progressive muscle relaxation from the two respondents, 26 results were included in the category of mild insomnia. **Conclusion:** There is a relationship between progressive muscle relaxation on the level of insomnia in elderly in the nursing home dharma bakti Surakarta

Keywords: *elderly, insomnia, muscle relaxation progresif*