

ABSTRACT

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IMPLEMENTATION OF PROGRESSIVE MUSCLE RELAXATION TECHNIQUES TO IMPROVE SLEEP QUALITY OF ELDERLY	
ABSTRACT	
<p>Background: Sleep is a sleep need that must be fulfilled for each individual and occurs naturally and has physiological and psychological functions. Elderly is not a disease but is an advanced stage of a life process characterized by a decrease in the body's ability to adapt to environmental stress. Progressive Muscle Relaxation Technique is a relaxation therapy that is given to clients by tensing certain muscles and then relaxing which is done with movements for 10-20 minutes. Sleep quality is a measure where someone gets the ease of starting to sleep, able to maintain sleep, and feel relaxed after waking up. Objective: This application is to determine the effect of progressive muscle relaxation techniques on elderly people in Gendingan village, RT 03 RW XV Jebres Surakarta. Method: This research design uses descriptive method. Results: The results of this study measured sleep quality before progressive muscle relaxation 19 and 15, while after progressive muscle relaxation 11 and 9 so that the results of this application showed an increase in sleep quality before and after progressive muscle relaxation. Conclusion: The application of progressive muscle relaxation techniques has been shown to improve sleep quality in the elderly. Suggestion: progressive muscle relaxation can be used as an alternative to improve the quality of sleep in the elderly.</p>	
Kata kunci : Elderly, Sleep Quality, Progressive Muscle Relaxation	