

**APPLICATION OF PROGRESIFE MUSCLE RALAKSATION  
CONCERN INSOMNIA FOR OLD PERSON IN PANTI  
WERDHA DARMA BAKTI PAJANG LAWEYAN  
SURAKARTA**

Anita Dwi Purwanti, Dewi Kartika Sari, S.Kep. Ns., M.kep, Mursudarinah, SKM,  
M.Kes  
[anitanitu99@gmail.com](mailto:anitanitu99@gmail.com)

STIKES' Aisyiyah Surakarta

**ABSTRACT**

**Background:** rating total development old person can makes health problem physical or psychology, as for some problemthat usualy attack old person are sleep interferences. One of the therapy in non farmakologis in resolve inteeference sleep is relaksation muscle progresife technique. Relaksation progresive muscle technique is central attention in certain muscle activity, with indetification the muscle that tight then lower the tightness with doing relaksation technique for getting rileks felling. **Purpose:** to descripe insomnia in old person before and after giving relaksation progresive muscle at Panti Wredha Dharma Bhakti, Pajang, Laweyan, Surakarta. **Method:** this assemblingf ussing case research with desain deacriptive research. Taking sample using kuesioner papper KSPBJ-IRS, with 2 respondenses. **Result:** result in this research there are different insomnia before and after to be done progresive muscle relaksation tehcnique assembling in mr.n with scor 32 ( hard insomnia) and insomnia after to be done 7 days therapy with continuyty to be 27 ( light insomnia) .while in mr. P before doing relaksation progresive muscle getting score 30 tobe score 23. **Conclusion:** this progresive muscle assembling be proved for lower inaomnia in old person at Panti Wredha Dharma Bhakti, Pajang, Laweyan, Surakarta

**Keyword:** *Insomnia, progresife muscle ralaksation, the elderly*