

**APPLICATION OF BENSON RELAXATION IN OVERCOMING
DISTURBANCE IN SLEEP PATTERNS IN THE ELDERY AT JOGODAYOH
KALIKOTES VILLAGE KECAMATAN KALIKOTES, KALIKOTES SUB-
DISTRICT PATEN KLATEN DISTRICT**

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ABSTRACT

Background : *sleep patterns often occur in the elderly, because in the elderly change of physical experience, mentally, psychosocial, spiritual in developing. Sleep patterns in the elderly if not handled well, will become some complicated. One of the non-pharmacological in sleep patterns is benson relaxation, or meaning else are mixed between technique relaxation response and system individuals belief.* **Purpose :** *to description of sleep patterns before and after give a Relaxation Benson in the elderly.* **Method :** *this application with example of study which use a descriptive method and do observation to events that have occurred with two responses who will be on sleep patterns before and after given Relaxation Benson.* **Results:** *result in this research there are different sleep patterns before and after to be done Relaxation Benson in Mrs. J with score 19 (hard sleep patterns) after to be done score 11 (light sleep patterns), while in Mr. T before doing Relaxation Benson score 19 (hard sleep patterns) after to be done score 8 (No experiencing sleep patterns).* **Conclusion :** *after given a Relaxation Benson can decline on sleep patterns which is gradual in the elderly at jogodayoh kalikotes village kecamatan kalikotes, kalikotes sub-district paten klaten district.*

Key words : *sleep patterns, elderly, the Relaxation Benson.*