

**APPLICATION OF PROGRESSIVE MUSCLE RELAXATION AGAINST  
THE LEVEL OF ANXIETY IN PATIENTS PRE-OPERATIVE IN PKU  
AISYIYAH BOYOLALI REGENCY**

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**ABSTRACT**

**Background;** operation or surgery is a healing of the disease with a cut or take some members of the body that there is disease. The operation may cause a sensation of such anxiety that can hinder the passage of a surgical procedure. Anxiety can be reduced with one way that is progressive muscle relaxation. **Purpose;** The purpose of Describing the results of the application of progressive muscle relaxation techniques can lower levels of anxiety in patients pre-operative. **Method;** methods using descriptive method with instrument research using APAIS. Then noted in the observation sheet before and after the application of progressive muscle therapy. **Result;** The results of Measurements done before applying the anxiety score therapy progressive muscle relaxation in Mrs. S is 8 and Mr. M is 9. While the measurement after the application of the therapy in Mrs. S is 6 and Mr. M is 8. **conclusion;** Conclusions the application of progressive muscle relaxation therapy can lower the score level of anxiety in patients pre-operation

**Keyword;** pre-operative, anxiety, progressive muscle relaxation.