

PROGRESSIVE MUSCLE RELAXATION THERAPY EDUCATION AS OPTIMIZATION OF INCREASING SLEEP QUALITY IN THE ELDERLY THROUGH BOOKLET MEDIA

Rizky Rahmawati Putri

kikirisky448@gmail.com

University of 'Aisyiyah Surakarta

SUMMARY

Background : Sleep quality disorders in the elderly is a condition where individuals experience a change in the quantity and quality of their rest patterns that cause discomfort or interfere with the desired lifestyle. One of the interventions that can be used to improve the sleep quality of the elderly is progressive muscle relaxation therapy. Progressive muscle relaxation therapy is relaxation therapy by tightening and relaxing the muscles one part of the body at a time to gain control over anxiety that stimulates the mind and muscle tension. The media used is booklet. **Methods :** Booklets can be used as a medium for health education for the elderly who experience sleep quality disorders in order to apply progressive muscle relaxation therapy to improve the sleep quality of the elderly. **Result :** The final project with the title "Healthy Body, Sleep Well With Progressive Muscle Relaxation" consists of 24 pages. **Conclusion:** Booklets are an effective choice for distributing health information in the form of books containing text and images so that they can be used by the elderly. The booklet made is expected to be useful as a medium for health education for the elderly who experience sleep quality disorders so that they can apply progressive muscle relaxation therapy.

Keywords : Elderly, booklet, sleep quality, progressive muscle relaxation therapy