

THE APPLICATION OF PROGRESSIVE MUSCLE RELAXANT TO STRESS OF NURSING STUDENTS

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ABSTRACT

Background: Students are said to be early adult cranes that have stressful and must be implemented so that these stages can be stressful. Students experience stress while working on the final task, one to remove stress by performing progressive muscle relaxant therapy may be used as a stretching method and a group relaxing so that it can focus on a feeling of relaxed **Purpose** of the changes in stress levels before and after progressive muscle relaxant therapy **method** :This is a descriptive study method using the application of two responders as students who are under stress during their final work. Responders were given progressive muscle relaxant therapy for 10 minutes and one day per day of three days. **Results** : After a 3 day application of progressive muscle relaxation results from a drop in stress on both responders, there is a drop in your stress levels. K 20 (mild stress) and Mr. H 23 (mild stress). **Conclusion** :. There are changes and differences in stress levels before and after both responders' progressive muscle relaxant therapy.

Keywords: Progressive Muscle Relaxant, Stress, College Students