

# THE EFFECT OF ACUPRESSURE THERAPY AT PC6, SP6 and HT7 POINTS ON SLEEP QUALITY IN MENOPAUSE WOMEN

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## ABSTRACT

**Background:** Menopause is a transitional phase from the reproductive period to the nonreproductive period characterized by the cessation of menstruation for at least 1 year. Menopause causes physical and psychological changes that cause disruption of basic human needs. Signs and symptoms that are often experienced by menopausal women are disturbed sleep patterns. To minimize these side effects, non-pharmacological treatment of Acupressure at points PC 6, SP 6 and HT7 can have a good effect on these complaints. **Purpose:** to determine the effect of acupressure point PC 6, SP 6 and HT7 in improving the quality of sleep of menopausal women. **Method:** pre experimental research with one group pretest-posttest design. This study was located at Posyandu Lansia Mawar Melati, Nambangan Village Rt 02, Selogiri Wonogiri in April-May 2024. Population 35 menopausal women. Sample 20 respondents. Instrument using questionnaire and data processing using Wilcoxon statistical test. **Results:** the quality of sleep of menopausal women before acupressure therapy was given to all 20 respondents (100%) and the quality of sleep after acupressure therapy was mostly good as many as 18 respondents (90.0%). Wilcoxon statistical test shows p value = 0.000 < 0.05, so H1 is accepted. **Conclusion:** There is an effect of giving Acupressure on sleep disturbances and an increase in sleep quality in menopausal women.

**Keywords:** *Sleep quality, Menopause, Acupressure*