

ABSTRACT

Cahyo Nur Ramadhani
NIM : B2014033
KEPERAWATAN

Consultants :
Mulyaningsih, M.Kep
Sri Hartutik, S.Kep Ns, M.Kes

**THE APPLICATION OF PROGRESSIVE MUSCLE RELAXATION
TECHNIQUE TO CHANGE OF INSOMNIA LEVEL AT Mr.T IN
SANGUP RT 04 RW 01 MUSUK BOYOLALI**

ABSTRACT

Background in this is a technique to know the effect of progressive muscle relaxation therapy on change of insomnia level in elderly in sangup village. Complications are often experienced by people with insomnia is hypertension, body is not fresh, in this case the authors apply nonfarmakologik therapy techniques that are progressive muscle relaxation techniques to reduce insomnia levels in the elderly. The purpose of this study was to determine the effectiveness of progressive muscle relaxation to decrease level of insomnia scale in elderly in village sangup musuk boyolali. This research was conducted using observational method where the write only apply previous research. In practice, the authors apply progressive muscle relaxation for 7 consecutive days. To achieve a more significant increase, it can be applied for longer periods of time and provide more regular, progressive muscle relaxation therapy. In this study the authors use the technique of progressive auto relaxation therapy to prevent the increasing scale of insomnia in the elderly. The result of decreased insomnia level in elderly. The application of progressive muscle relaxation therapy can reduce the scale at Mr. T in the village could musuk boyolali

Key word : Elderly, Insomnia, & Progressive Muscle Relaxation