

**APPLICATION OF PROGRESSIVE MUSCLE RELAXATION ON
QUALITY OF SLEEPING ON ELDERLY IN THE PANTI WREDHA
DHARMA BHAKTI PAJANG LAWEYAN SURAKARTA**

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ABSTRAC

Background: *Elderly is a condition that occurs in human life. Sleep is a need that must be fulfilled for each individual and occurs naturally and has physiological and psychological functions. Management of bad sleep quality can be divided pharmacologically and non-pharmacologically. However, the drug has a negative effect, causing sufferers of sleep disorders to experience drug dependence so that good quality sleep is not achieved. One of the non-pharmacological treatment for overcome sleep disorders is a progressive muscle relaxation technique. Progressive muscle relaxation therapy is getting focus on a muscle activity, by identifying tense muscles and then facilitating by doing relaxation techniques to get a relaxed.* **Goal :** *Describing the quality of sleep in the elderly before and after the provision of progressive muscle relaxation in the Panti Wredha Dharma Bhakti, Pajang, Laweyan, Surakarta.* **Method :** *This application uses case study research with descriptive research designs. Sampling uses a PSQI resume sheet, with the number of two respondents.* **Results :** *The results of this study there were the differences in the quality of sleep Tn P before relaxation value was 15 (bad sleep quality) after the value of 4 was correlated (good sleep quality). Mr. R before relaxing was 16 (bad sleep quality) after relaxing the value was 3 (good sleep quality).* **Conclusion :** *The application of progressive muscle relaxation has been shown to improve the quality of sleep in the elderly at the Panti Wredha Dharma Bhakti, Pajang, Laweyan, Surakarta.*

Keys: *Quality of sleep, Elderly, Progressive muscle relaxation*