

PENGARUH RELAKSASI OTOT PROGRESIF TERHADAP KUALITAS TIDUR LANSIA DI DUSUN NENGAHAN TRIMURTI SRANDAKAN BANTUL

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INTISARI

Latar Belakang : Sekitar 29% dari 9000 lansia di atas 65 tahun mengeluhkan gangguan tidur, diantaranya waktu tidur yang kurang, mudah terbangun di malam hari, bangun lebih awal dan rasa mengantuk di sepanjang hari. Adanya gangguan tidur akan mempengaruhi kualitas tidur lansia. Salah satu terapi relaksasi untuk meningkatkan kualitas tidur adalah relaksasi otot progresif.

Tujuan Penelitian : Diketahui pengaruh relaksasi otot progresif terhadap kualitas tidur lansia.

Metode Penelitian : Rancangan penelitian ini adalah kuantitatif dengan jenis *quasy eksperiment* menggunakan *pre post test with control grup design*. Sampel dalam penelitian ini sebanyak 50 responden yang terbagi menjadi 2 kelompok dan dipilih menggunakan *simple random sampling*. Hasil penelitian dianalisis dengan uji *Wilcoxon* dan uji *Mann Whitney* dengan tingkat signifikan *p-value* ($p < 0,05$).

Hasil Penelitian : Sebagian besar responden berusia 60-74 tahun dan berjenis kelamin perempuan. Hasil uji statistik dengan uji *Wilcoxon* didapatkan hasil *p-value* 0,157 pada kelompok kontrol dan *p-value* 0,000 pada kelompok intervensi. Sedangkan uji *Mann Whitney* nilai *p-value* 0,000.

Kesimpulan : Ada pengaruh relaksasi otot progresif terhadap kualitas tidur lansia.

Kata Kunci : Relaksasi Otot Progresif, Kualitas Tidur, Lansia

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THE EFFECT OF PROGRESSIVE MUSCULAR RELAXATION ON QUALITY OF SLEEP OF THE ELDERLY IN NENGAHAN, TRMURTI, SRANDAKAN, BANTUL

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ABSTRACT

Background : It is estimated that 29% of 9000 elderly had complaints of sleeping disorder such as lack of sleeping time, midnight awakening, early awakening, and daytime sleepiness. Sleeping disorder will affect quality of sleep of the elderly. One of relaxation therapies to improve the quality of sleep is progressive muscular relaxation.

Objective : To identified the effect of progressive muscular relaxation on quality of sleep of the elderly in Nengahan, Trimurti, Srandakan, Bantul

Method : This was quasy experiment study with pre-test and pro-test with control group design. Samples in this study were 50 respondents which divided into 2 groups and selected by applying simple random sampling technique. The study result was analyzed using Wilcoxon test and Mann Whitney test with significance level of p value ($p < 0,05$).

Result : The majority of respondents was at the aged of 60-74 years old and females. The result Wilcoxon test figured out p-value of 0,157 in control group and p-value of 0,000 in intervention group. Mann Whitney showed p-value of 0,000.

Conclusion : There was an effect of progressive muscular relaxation on quality of sleep of the elderly in Nengahan.

Keywords : Progressive Muscular Relaxation, quality of sleep, The Elderly.

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