

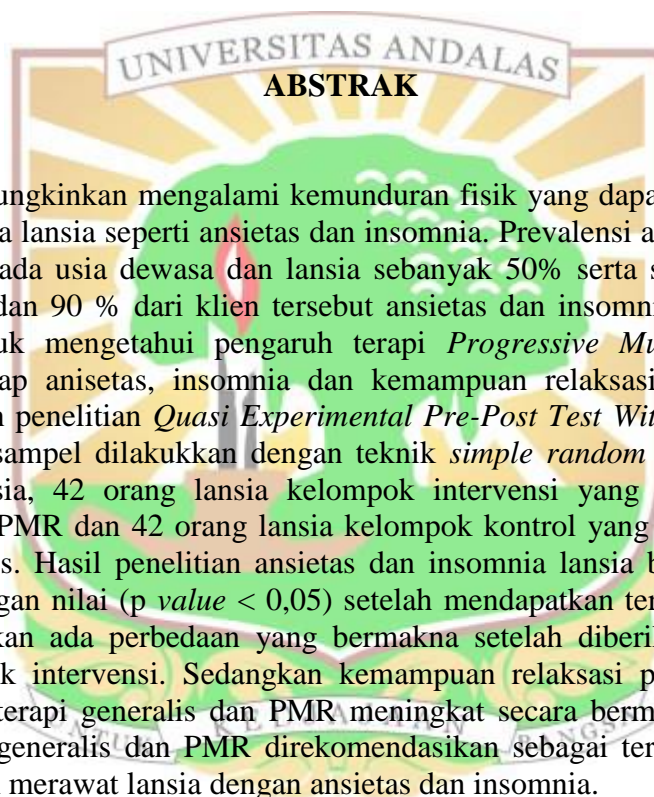
**PROGRAM STUDI S2 KEPERAWATAN
KEKHUSUSAN KEPERAWATAN JiWA
FAKULTAS KEPERAWATAN UNIVERSITAS ANDALAS**

Tesis, Oktober 2016

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**Pengaruh *Progressive Muscle Relaxation* Terhadap Perubahan Ansietas,
Insomnia dan Kemampuan Relaksasi Pada Lansia Di Panto Sosial Tresna
Wherda Kabupaten Bungo tahun 2016**

xv + 126 halaman + 14 tabel + 2 skema + 21 lampiran



Usia tua memungkinkan mengalami kemunduran fisik yang dapat mempengaruhi psikologis pada lansia seperti ansietas dan insomnia. Prevalensi ansietas di negara berkembang pada usia dewasa dan lansia sebanyak 50% serta sekitar 80% dari klien depresi dan 90 % dari klien tersebut ansietas dan insomnia. Penelitian ini bertujuan untuk mengetahui pengaruh terapi *Progressive Muscle Relaxation* (PMR) terhadap ansietas, insomnia dan kemampuan relaksasi pada lansia di PSTW. Desain penelitian *Quasi Experimental Pre-Post Test With Control Grup*. Pengambilan sampel dilakukan dengan teknik *simple random sampling* dimana 84 orang lansia, 42 orang lansia kelompok intervensi yang diberikan terapi generalis dan PMR dan 42 orang lansia kelompok kontrol yang hanya diberikan terapi generalis. Hasil penelitian ansietas dan insomnia lansia berkurang secara bermakna dengan nilai (*p value* < 0,05) setelah mendapatkan terapi PMR. Study ini menunjukkan ada perbedaan yang bermakna setelah diberikan terapi PMR pada kelompok intervensi. Sedangkan kemampuan relaksasi pada lansia yang mendapatkan terapi generalis dan PMR meningkat secara bermakna (*p value* < 0,05). Terapi generalis dan PMR direkomendasikan sebagai terapi keperawatan lanjutan dalam merawat lansia dengan ansietas dan insomnia.

Kata Kunci : Lansia, Ansietas, Insomnia, Kemampuan Relaksasi, *Progressive Muscle Relaxation*, terapi generalis

Daftar Pustaka : 78 (1998-2016)

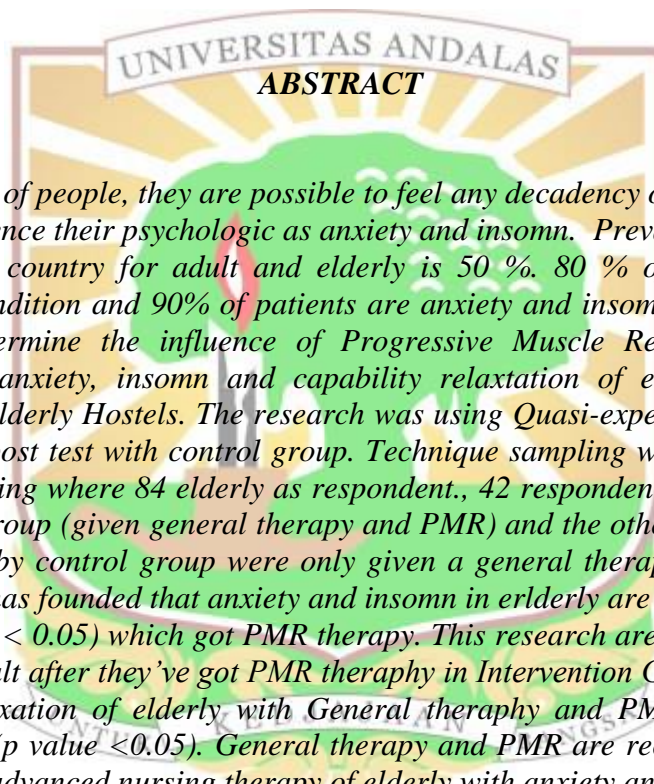
**Master Of Nursing Science Program
Majoring Psychiatric Nursing
Faculty of Nursing, Andalas University**

Thesis, October 2016

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The influence of Progressive Muscle Relaxation therapy for anxiety, insomn and capability relaxation of elderly population in Social Residencial Elderly Hostels in Bungo Regency, Jambi 2016.

XV + 126 pages + 14 tables + 2 scheme + 21 attachment



In the Old age of people, they are possible to feel any decadency of physical and it could be influence their psychologic as anxiety and insomn. Prevalence of anxiety in developing country for adult and elderly is 50 %. 80 % of patient are in depression condition and 90% of patients are anxiety and insomn. This research aimed to determine the influence of Progressive Muscle Relaxation (PMR) therapy for anxiety, insomn and capability relaxation of elderly in Social Residencial/ Elderly Hostels. The research was using Quasi-experimental method with pre test-post test with control group. Technique sampling was using simple random sampling where 84 elderly as respondent., 42 respondent are grouped by intervention group (given general therapy and PMR) and the other 42 respondent are grouping by control group were only given a general therapy. The result of this research has founded that anxiety and insomn in erlderly are reduce well with value (p value < 0.05) which got PMR therapy. This research are showing a good difference result after they've got PMR therapy in Intervention Group. And while capabilty relaxation of elderly with General therapy and PMR therapy are growing well (p value <0.05). General therapy and PMR are recommended as a treatment for advanced nursing therapy of elderly with anxiety and insomn.

Keywords : *Elderly, Anxiety, Insomn, Capabilty of Relaxtation, Progressive Muscle Relaxtation, General Therapy.*

Bibliography: *78 (1998-2016)*