

**PENGARUH TERAPI *PROGRESSIVE MUSCLE RELAXATION* (PMR)
TERHADAP DEPRESI PADA LANSIA DI PANTI SOSIAL TRESNA WERDHA
(PSTW) SABAI NAN ALUIH SICINCIN**

TESIS

OLEH

REZKY PRADESSETIA

NIM. 1921312021



PEMBIMBING I : Dr. RIKA SABRI, S.Kp, M.Kes, Sp.Kom
PEMBIMBING II : Ns. DEWI EKA PUTRI, M. Kep, Sp. Kep. J

**PROGRAM STUDI S2 KEPERAWATAN
KEKHUSUSAN KEPERAWATAN KOMUNITAS
FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
2021**

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

**Tesis, Agustus 2021
Rezky Pradessetia**

Pengaruh Terapi *Progressive Muscle Relaxation* (PMR) terhadap Depresi pada Lansia di Panti Sosial Tresna Werdha (Pstw) Sabai Nan Aluih Sicincin

Xvi + 96 hal + 8 tabel + 5 lampiran + 1 skema

ABSTRAK

Masalah depresi masih sering terjadi di Indonesia. Sumatera Barat berada diposisi ketujuh dari 34 provinsi dengan masalah depresi terbanyak. Terdapat empat penanganan depresi pada lansia, yaitu pendekatan psikologis, medis, spiritual dan fisik. Terapi *Progressive Muscle Relaxation* (PMR) menjadikan tubuh rileks, perasaan tenang sehingga ketegangan berkurang. Dengan adanya perasaan rileks dan tenang individu akan lebih mudah untuk merasakan ketenangan pada pikiran dan perasaan. Tujuan penelitian ini untuk mengetahui pengaruh Terapi *Progressive Muscle Relaxation* (PMR) terhadap depresi pada lansia. Penelitian eksperimental dengan rancangan *Quasi experimental pre and post test with control group*. Teknik *sampling* adalah *simple random sampling*. Sampel berjumlah 40 lansia, yang dibagi menjadi dua kelompok, yaitu kelompok intervensi dan kelompok kontrol. Pengukuran skor depresi menggunakan kuesioner *Geriatric Depression Scale (GDS)* dengan jumlah pertanyaan sebanyak 15 butir. Analisa data menggunakan uji *Uji Independent T Test*. Hasil penelitian ini adalah terjadi penurunan skor depresi sesudah diberikan perlakuan Terapi *Progressive Muscle Relaxation* (PMR) pada kelompok intervensi, dengan nilai $p=0,000$ ($p<0,05$). Hal ini menunjukkan bahwa ada perubahan skor depresi yang dialami oleh lansia setelah diberikan Terapi *Progressive Muscle Relaxation* (PMR). Terapi *Progressive Muscle Relaxation* (PMR) dapat diaplikasikan sebagai terapi non-farmakologi di Panti Sosial Tresna Werdha (PSTW).

Kata kunci : Depresi, Lansia, Terapi *Progressive Muscle Relaxation* (PMR), Panti Sosial Tresna Werdha (PSTW), *Geriatric Depression Scale (GDS)*

Daftar Pustaka : 38 (2011-2021)

**NURSING POST GRADUATE PROGRAM
SPECIALY PSYCHIATRIC NURSING
FACULTY OF MEDICINE ANDALAS UNIVERSITY**

**Thesis, August 2021
Rezky Pradessetia**

The Effect of Progressive Muscle Relaxation (PMR) Therapy on Depression in The Elderly in Panti Sosial Tresna Werdha (PSTW) Sabai Nan Aluih Sicincin

Xvi + 96 pages + 8 tables + 5 appendixes + 1 scheme

ABSTRACT

The problem of depression is still common in Indonesia. West Sumatra is in seventh position out of 34 provinces with the most depression problems. There are four treatments for depression in the elderly, namely psychological, medical, spiritual and physical approaches. Progressive Muscle Relaxation (PMR) therapy makes the body relax. feeling calm so tension is reduced. With a feeling of relaxation and calm, individuals will find it easier to feel calm in their thoughts and feelings. Aim Knowing the effect of Progressive Muscle Relaxation (PMR) therapy on depression in the elderly. Experimental research with Quasi experimental design pre and post test with control group. The sampling technique is simple random sampling. The sample consisted of 40 elderly people, who were divided into two groups, namely the intervention group and the control group. Measurement of depression scores using the Geriatric Depression Scale (GDS) questionnaire with a total of 15 questions. Data analysis using Paired Sample T Test test. There was a decrease in depression scores after being treated with Progressive Muscle Relaxation (PMR) therapy in the intervention group, with $p = 0.000$ ($p < 0.05$). This shows that there is a change in depression scores experienced by the elderly after being given Progressive Muscle Relaxation (PMR) Therapy. Therapy Progressive Muscle Relaxation (PMR) can be applied as a non-pharmacological therapy at the Panti Tresna Werdha (PSTW).

Keywords: Depression, Elderly, Therapy Progressive Muscle Relaxation (PMR), Panti Tresna Werdha (PSTW), Geriatric Depression Scale (GDS)

Reference : 38(2011-2021)