

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER PROGRAM STUDI ILMU KEPERAWATAN FAKULTAS ILMU KESEHATAN

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Pengaruh Relaksasi Otot Progresif terhadap Kualitas Tidur Pasien Rawat Inap di Klinik Pratama Nusa Medika Ajong

Abstrak

Latar Belakang: Kualitas tidur adalah karakteristik subjektif dan seringkali ditentukan oleh perasaan energik atau tidak setelah bangun. Peningkatan pemenuhan kebutuhan tidur dapat dilakukan dengan mengajarkan cara-cara yang dapat menstimulus dan memotivasi tidur. Salah satu cara yang dapat dilakukan terapi relaksasi, terapi otot progresif dapat digunakan untuk pengobatan non farmakologis. Relaksasi otot progresif yaitu proses yang melepaskan ketegangan dan mengembalikan keseimbangan baik pikiran maupun tubuh. **Tujuan:** Penelitian ini untuk mengidentifikasi perbedaan kualitas tidur sebelum dan sesudah diberikannya terapi relaksasi otot progresif di ruang rawat inap klinik Nusa Medika Ajong. **Desain Penelitian:** Desain penelitian menggunakan *pra eksperiment* dengan pendekatan *pra test- post test one group design*. Populasi pasien di ruang rawat inap sebanyak 38 pasien. Sampel yang digunakan sebanyak 34 responden. Sampling menggunakan *non probability sampling* dengan teknik *purposive sampling*. Pengumpulan data terapi relaksasi otot progresif menggunakan lembar SOP sedangkan kualitas tidur menggunakan lembar kuesioner. Analisis data menggunakan *uji wilcoxon* dengan signifikansi *p value* $<0,05$. **Hasil:** Hasil sebelum diberikannya terapi relaksasi otot progresif mayoritas dalam kategori kualitas tidur cukup sebanyak 23 orang dengan presentase 67.6%, dan sesudah diberikannya terapi relaksasi otot progresif kualitas tidur pasien mengalami peningkatan mayoritas kategori kualitas tidur baik sebanyak 26 orang dengan presentase 76.5%. **Kesimpulan:** Ada pengaruh relaksasi otot progresif terhadap kualitas tidur pasien rawat inap di Klinik Pratama Nusa Medika Ajong

Kata Kunci: relaksasi otot, pasien, kualitas tidur

ABSTRACT

**UNIVERSITAS MUHAMMADIYAH JEMBER
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The Effect of Progressive Muscle Relaxation on the Sleep Quality of Inpatients at the Nusa Medika Ajong Pratama Clinic

Abstract

Background: Sleep quality is a subjective characteristic and is often determined by whether or not you feel energetic after waking up. Sleep quality is a feeling of satisfaction after sleeping, so that the person does not show feelings of tiredness, easily aroused and restless, lethargic and apathetic, blackness around the eyes, swollen eyelids, red conjunctiva, distracted attention, headaches and frequent yawning or cold. Increasing the provision of sleep needs can be done by teaching ways to stimulate and motivate sleep. One way that relaxation therapy can be done, progressive muscle therapy can be used for non-pharmacological treatment. Progressive muscle relaxation is a process that releases tension and restores balance to both the mind and body. **Objective:** This study was to identify differences in sleep quality before and after progressive muscle relaxation therapy in the Nusa Medika Ajong clinic inpatient room. **Research Design:** The research design uses pre-experiment with a pre-test-post-test one group design approach. The patient population in the inpatient room was 38 patients. The sample used was 34 respondents. Sampling used nonprobability sampling with purposive sampling technique. Data collection for progressive muscle relaxation therapy used an SOP sheet, while sleep quality used a questionnaire sheet. Data analysis using the Wilcoxon test with a significance p value <0.05. **Results:** The results before progressive muscle relaxation therapy were given, the majority were in the adequate sleep quality category, 23 people with a percentage of 67.6%, and after progressive muscle relaxation therapy was given, the sleep quality of the patients experienced an improvement in the majority of good sleep quality categories, 26 people with a percentage of 76.5%. **Conclusion:** There is an influence of progressive muscle relaxation on the sleep quality of inpatients at the Nusa Medika Ajong Pratama Clinic

Keywords: muscle relaxation, patients, sleep quality