

ABSTRAK

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Karya Ilmiah Akhir, Juli 2026
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Implementasi Teknik Relaksasi Otot Progresif pada Ibu Postpartum dengan
Gangguan Pola Tidur di RSUD dr. H. Koesnadi Bondowoso
XV + 91 hal + 29 tabel + lampiran

Abstrak

Pendahuluan: Gangguan pola tidur merupakan masalah yang sering dialami oleh ibu postpartum akibat perubahan hormonal, nyeri pascapersalinan dan tuntutan dalam merawat bayi. Jika tidak ditangani, kondisi ini dapat memicu kelelahan fisik, penurunan produksi ASI hingga depresi postpartum. Salah satu terapi nonfarmakologis yang aman dan mudah diterapkan adalah Teknik Relaksasi Otot Progresif (*Progressive Muscle Relaxation/PMR*). Studi kasus ini bertujuan untuk menganalisis implementasi teknik PMR terhadap gangguan pola tidur pada ibu postpartum di RSUD dr. H. Koesnadi Bondowoso. **Metode:** Penelitian ini menggunakan desain deskriptif dengan pendekatan studi kasus terhadap tiga orang ibu postpartum hari pertama hingga kedua yang mengalami gangguan pola tidur di Ruang Nifas RSUD dr. H. Koesnadi Bondowoso. Data dikumpulkan melalui metode wawancara, observasi, pemeriksaan fisik dan dokumentasi. Intervensi *Progressive Muscle Relaxation* diimplementasikan secara mandiri oleh peneliti dengan durasi 15–20 menit per sesi sekali sehari selama tiga hari berturut-turut. Analisis data dilakukan secara deskriptif komparatif. **Hasil:** Setelah dua hari berturut-turut menunjukkan adanya perbaikan pola tidur yang signifikan pada ketiga klien sesuai indikator SLKI Pola Tidur (L.05045). Keluhan sulit memulai tidur berkurang, frekuensi terbangun pada malam hari menurun, rasa lelah di siang hari berkurang serta ekspresi wajah tampak lebih rileks dan segar saat bangun tidur. **Kesimpulan:** Teknik Relaksasi Otot Progresif terbukti efektif dalam memperbaiki kualitas dan kuantitas tidur ibu postpartum. Prosedur kontraksi dan relaksasi otot secara sistematis ini bekerja dengan menurunkan ketegangan fisik dan merangsang sistem saraf parasimpatis guna menciptakan kondisi relaks. Oleh karena itu, teknik Relaksasi Otot Progresif sangat direkomendasikan sebagai salah satu intervensi keperawatan maternitas nonfarmakologis rutin untuk mengatasi gangguan pola tidur pada ibu nifas.

Kata Kunci: Ibu Postpartum, Gangguan Pola Tidur, Teknik Relaksasi Otot Progresif

ABSTRACT

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Final Scientific Paper, July 2026
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The Implementation of Progressive Muscle Relaxation Technique on Postpartum Mothers with Sleep Pattern Disturbances at dr. H. Koesnadi Hospital Bondowoso
xv + 91 pages + 29 tables + appendices

Abstract

Introduction: Sleep pattern disturbances are a common problem experienced by postpartum mothers due to hormonal changes, postpartum pain, and the demands of infant care. If left unaddressed, this condition can trigger physical fatigue, decreased breast milk production, and even postpartum depression. One of the non-pharmacological therapies that is safe and easy to apply is the Progressive Muscle Relaxation (PMR) technique. This case study aimed to analyze the implementation of the PMR technique on sleep pattern disturbances among postpartum mothers at dr. H. Koesnadi Hospital Bondowoso. **Methods:** This study used a descriptive design with a case study approach involving three postpartum mothers from day one to day three who experienced sleep pattern disturbances in the Postpartum Ward of dr. H. Koesnadi Hospital Bondowoso. Data were collected through interviews, observations, physical examinations, and documentation methods. The Progressive Muscle Relaxation intervention was independently implemented by the researcher with a duration of 15–20 minutes per session, once a day for three consecutive days. Data analysis was performed descriptively and comparatively. **Results:** After two consecutive days, the results showed a significant improvement in sleep patterns across all three clients according to the SLKI Sleep Pattern indicators (L.05045). Complaints of difficulty initiating sleep decreased, the frequency of waking up at night declined, daytime fatigue was reduced, and facial expressions appeared more relaxed and refreshed upon waking up. **Conclusion:** The Progressive Muscle Relaxation technique was proven effective in improving both the quality and quantity of sleep in postpartum mothers. This systematic muscle contraction and relaxation procedure worked by reducing physical tension and stimulating the parasympathetic nervous system to induce a relaxed state. Therefore, the Progressive Muscle Relaxation technique is highly recommended as a routine, non-pharmacological maternity nursing intervention to address sleep pattern disturbances in postpartum mothers.

Keywords: Postpartum Mothers, Sleep Pattern Disturbances, Progressive Muscle Relaxation Technique