

ABSTRAK

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Efektifitas Relaksasi Progresif terhadap Peningkatan Kualitas Tidur Lansia di Panti Wredha Pengayoman Semarang

xv+ 77 halaman + 2 gambar + 13 tabel + 9 lampiran

Relaksasi progresif adalah relaksasi fisik sistematis dari kepala kemudian turun ke kaki disertai dengan sugesti dan visualisasi yang bertujuan untuk memperdalam kondisi rileks dan digunakan untuk mengatasi gangguan tidur. Studi awal didapatkan 30 lansia mengalami gangguan tidur dari 68 lansia. Penelitian ini bertujuan untuk mengetahui efektifitas relaksasi progresif terhadap peningkatan kualitas tidur lansia di Panti Wredha Pengayoman Semarang. Metode penelitian yang dipakai adalah *quasi experiment one group pre-test post-test design* tanpa kelompok kontrol dan teknik *purposive sampling*. Jumlah sampel 30 lansia. Analisa hasil penelitian menggunakan uji korelasi *Spearman*. Hasil penelitian menunjukkan tingkat signifikansi yang diperoleh adalah $(0,000) < (\alpha/2)$ dengan $(\alpha = 0,01)$ maka H_0 ditolak dan menerima H_a . Kesimpulan dari penelitian ini adalah ada hubungan antara pelaksanaan relaksasi progresif terhadap peningkatan kualitas tidur lansia di Panti Wredha Pengayoman Semarang. Berdasarkan hasil penelitian disarankan untuk dapat menerapkan relaksasi progresif sebagai salah satu intervensi pada lansia dengan gangguan tidur.

Kata Kunci : Relaksasi Progresif, Lansia, Kualitas Tidur
Daftar Pustaka : 44 (1995-2009)

ABSTRACT

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The Effectiveness of Progressive Relaxation to Increase Sleep Quality of Elderly at Panti Wredha Pengayoman Semarang

xv + 77 pages + 2 pictures + 13 tables +9 appendixes

Progressive relaxation is a systematic physical relaxation from head until foot which is followed suggestion and visualization to increase relaxed condition and which is used to solve sleep disturbance. An early study of this research found 30 out of 68 elderly who experience sleep disturbance. The study was aimed to know the effectiveness of progressive relaxation to increase sleep quality of elderly clients at Panti Wredha Pengayoman Semarang. The method of research used a quasi experiment with one group pre-test post-test design without control group. The sampling technique used purposive sampling with 30 respondents. The data were analyzed using Spearman Correlation. The result showed significant correlation $(0,000) < (/2)$ with $(=0,01)$ so that hypotesis of H_0 was refused and hypothesis of H_a was accepted. The research concluded that there was a correlation between progressive relaxation and the increase of sleep quality of elderly at Panti Wredha Pengayoman Semarang. Based on the research, it is suggested to use progressive relaxation as one of the interventions for elderly with sleep disturbance.

Keywords : Progressive Relaxation, Elderly, Sleep Quality

Bibliography : 44 (1995-2009)