

PENGARUH KOMBINASI RELAKSASI OTOT PROGRESIF DAN FOOT MASSAGE TERHADAP PENINGKATAN KUALITAS TIDUR LANSIA DI PONDOK LANSIA AL-ISHLAH KOTA MALANG

Nabila Putri Wahyuni¹, Joko Wiyono²

Program Studi Sarjana Terapan Keperawatan Malang, Jurusan Keperawatan

Poltekkes Kemenkes Malang

Email : nabilaputri408@gmail.com

ABSTRAK

Kurang tidur secara berkala dan terus menerus dapat berdampak langsung pada kesehatan lansia. Terapi farmakologi dan non farmakologi dapat dilakukan untuk menangani kualitas tidur yang buruk pada lansia. Relaksasi otot progresif dan *foot massage* merupakan terapi relaksasi yang sering digunakan untuk mengatasi kualitas tidur yang buruk pada lansia. Tujuan penelitian untuk mengetahui pengaruh kombinasi relaksasi otot progresif dan *foot massage* terhadap peningkatan kualitas tidur lansia. Desain penelitian yang digunakan adalah “pre-eksperimental” dengan metode pengambilan sampel *purposive sampling* sebesar 20 responden. Instrumen yang digunakan ialah PSQI. Hasil penelitian didapatkan sebelum dilakukan terapi kombinasi seluruh responden mengalami kualitas tidur yang buruk, setelah dilakukan terap kombinasi selama 7 hari berturut-turut seluruh responden mengalami kualitas tidur yang baik. Uji *Wilcoxon pre-test post-test* didapatkan nilai *Sig. 2-tailed* sebesar $0,000 < 0,05$ yang berarti terdapat pengaruh pemberian kombinasi relaksasi otot progresif dan *foot massage* terhadap peningkatan kualitas tidur lansia. Terapi ini disarankan untuk dilakukan secara rutin dan diteliti lebih lanjut untuk mengembangkan variabel dan faktor lain yang mempengaruhi kualitas tidur lansia.

Kata Kunci: kualitas tidur, lansia, relaksasi otot progresif, *foot massage*

**THE EFFECT OF A COMBINATION OF PROGRESSIVE MUSCLE
RELAXATION AND FOOT MASSAGE ON IMPROVING THE QUALITY
OF SLEEP OF THE ELDERLY AT THE AL-ISHLAH ELDERLY
COTTAGE IN MALANG CITY**

Nabila Putri Wahyuni¹, Joko Wiyono²

Program Studi Sarjana Terapan Keperawatan Malang, Jurusan Keperawatan

Poltekkes Kemenkes Malang

Email : nabilaputri408@gmail.com

ABSTRACT

A periodic and continuous lack of sleep can have a direct impact on the health of the elderly. Both pharmacological and non-pharmacological therapies can be utilized to treat poor sleep quality in this population. Progressive Muscle Relaxation and Foot Massage are relaxation therapies that are often utilized to address poor sleep quality among the elderly. The purpose of this study was to determine the effect of a combination of progressive muscle relaxation and foot massage on improving sleep quality in the elderly. The research design used was pre-experimental, with a sampling method used purposive sampling and 20 respondents. The instrument used was the Pittsburgh Sleep Quality Index (PSQI). The results showed that before the combined therapy was administered, all respondents experienced poor sleep quality. After the combined therapy was given to the respondents seven times over one week, all respondents experienced good sleep quality. Wilcoxon pre-test and post-test showed a Sig. (2-tailed) value of $0.000 < 0.05$, indicating that the research hypothesis was acknowledged. Therefore, the combination of progressive muscle relaxation and foot massage had a significant effect on improving sleep quality in the elderly. This therapy is recommended to be carried out routinely and further studied to explore other variables and factors that affect sleep quality in the elderly.

Keywords: sleep quality, elderly, progressive muscle relaxation, foot massage