

**PROGRAM STUDI PROFESI NERS
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Karya Ilmiah Berbasis Evidence Based Practice, 2026**

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“Asuhan Keperawatan Penerapan Teknik Relaksasi Otot Progresif Dalam Meningkatkan kualitas Tidur dan Istirahat Pada Lansia Dengan Insomnia Di RT 003 RW 005 Desa Pancuran Gading”

Xiv + 40 halaman + 6 Tabel + 6 Lampiran

ABSTRAK

Gangguan pola tidur merupakan masalah umum pada lansia dan dapat memengaruhi kualitas hidup serta fungsi sehari-hari. Studi kasus ini bertujuan menilai efektivitas intervensi terapi relaksasi otot progresif terhadap penurunan insomnia pada lansia. Metode penelitian : Desain penelitian menggunakan studi kasus. Data dikumpulkan melalui wawancara dan observasi kuisisioner ISI (*Insomnia Severity Index*). Intervensi dilakukan pada 4 Agustus hingga 6 Agustus di Desa Pancuran Gading dengan Jumlah Responden 2 orang. Hasil : Terdapat Penurunan gangguan pola tidur pada lansia setelah diberikan penerapan terapi relaksasi otot progresif selama 3 hari sebanyak 2 sesi setiap harinya, dengan durasi 15 menit pada setiap sesi. Kesimpulan: Terdapat perbedaan hasil skor ISI d setelah penerapan terapi relaksasi otot progresif ini. Dengan skor ISI pada pasien pertama 26 turun menjadi 4, pada pasien kedua 22 turun menjadi 5 dengan kategori tidak insomnia.

Kata Kunci: *Insomnia Severity Index*, Gangguan Pola Tidur, Terapi Relaksasi Otot Progresif

Daftar Pustaka : 16 (2019-2025)

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Evidence Based Practice, 2026

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“Nursing Care Implementing Progressive Muscle Relaxation Techniques to Improve Sleep and Rest Quality in Elderly Patients with Insomnia in Neighborhood Association (RT) 003, Community Association (RW) 005, Pancuran Gading Village”

Xiv + 40 pages + 6 Tables + 6 Appendices

ABSTRACT

Sleep pattern disturbances are a common problem in the elderly and can affect quality of life and daily functioning. This case study aims to assess the effectiveness of progressive muscle relaxation therapy interventions on reducing insomnia in the elderly. Research Methods: The research design used a case study. Data were collected through interviews and observations using the ISI (Insomnia Severity Index) questionnaire. The intervention was conducted from August 4 to 6 in Pancuran Gading Village with two respondents. Results: There was a decrease in sleep pattern disturbances in the elderly after receiving progressive muscle relaxation therapy for 3 days, with two sessions each day, lasting 15 minutes each session. Conclusion: There was a difference in ISI scores after the implementation of progressive muscle relaxation therapy. The first patient's ISI score dropped from 26 to 4, and the second patient's score dropped from 22 to 5, categorizing her as having no insomnia.

Keywords : Insomnia Severity Index, Sleep Disorders, Progressive Muscle Relaxation Therapy

References: 16 (2019-2025)