

ABSTRAK
SEKOLAH TINGGI ILMU KESEHATAN (STIK)
BINA HUSADA PALEMBANG
PROGRAM STUDI KEPERAWATAN
Skripsi, Agustus 2024

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Pengaruh Terapi *Progressive Muscle Relaxation* (PMR) Terhadap Kualitas Tidur Pada Wanita Menopause di Puskesmas 23 Ilir Palembang Tahun 2024

(xvii + 77 halaman + 6 tabel + 10 lampiran)

Wanita umumnya mengalami menopause pada rentang usia 45-55 tahun. Akibat yang ditimbulkan dari menopause salah satunya adalah kualitas tidur yang buruk. Kualitas tidur yang buruk dapat menyebabkan penyakit seperti insomnia, apnea tidur, dan *sleep paralysis* sehingga diperlukan upaya untuk mengatasinya, salah satunya terapi *Progressive Muscle Relaxation* (PMR). Tujuan dari penelitian ini adalah untuk mengetahui Pengaruh Terapi *Progressive Muscle Relaxation* (PMR) Terhadap Kualitas Tidur Pada Wanita Menopause.

Desain penelitian ini menggunakan penelitian kuantitatif dengan desain *pra eksperimen* dengan jenis penelitian *One group pre test- post test design* pada 58 sampel wanita menopause dari 136 populasi. Penelitian ini dilakukan pada tanggal 20 Agustus 2024 sampai 3 September 2024 di Puskesmas 23 Ilir Palembang.

Hasil penelitian ini menunjukkan rerata kualitas tidur pada wanita menopause sebelum dilakukan terapi *Progressive Muscle Relaxation* (PMR) sebesar 9,45 dengan skor terendah adalah 3 dan skor tertinggi adalah 13. Rerata kualitas tidur pada wanita menopause sesudah dilakukan terapi *Progressive Muscle Relaxation* (PMR) sebesar 6,31 dengan skor terendah terendah adalah 3 dan skor tertinggi adalah 9. Ada pengaruh terapi *Progressive Muscle Relaxation* (PMR) terhadap kualitas tidur pada wanita menopause di Puskesmas 23 Ilir Palembang.

Disarankan kepada pihak Puskesmas 23 Ilir Palembang, hasil penelitian ini dapat diperkenalkan pada wanita pre-menopause agar dapat dilakukan sebelum mengalami menopause sebagai upaya pencegahan dalam mengatasi kualitas tidur, dan dapat memberikan edukasi berupa banner dan modul *Progressive Muscle Relaxation* (PMR), sehingga diharapkan dengan dilakukan penelitian ini para responden mampu mengatasi gangguan tidur dengan melakukan terapi *Progressive Muscle Relaxation* (PMR).

Kata Kunci : *Progressive Muscle Relaxation* (PMR), **Kualitas Tidur, Menopause**

Daftar Pustaka : **41 (2019-2023)**

ABSTRACT
HEALTH SCHOOL HEALTH SCIENCE
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The Effect of Progressive Muscle Relaxation (PMR) Therapy on Sleep Quality in Menopausal Women at the 23 Ilir Health Center, Palembang in 2024

(xvii + 77 pages+ 6 tables + 10 attachments)

Women generally experience menopause between the ages of 45-55 years. One of the consequences of menopausal women poor sleep quality. Poor sleep quality can cause diseases such as insomnia, sleep apnea and sleep paralysis so efforts are needed to overcome them, one of which is Progressive Muscle Relaxation (PMR) therapy. The aim of this research is to determine the effect of progressive muscle relaxation (PMR) therapy on sleep quality in menopausal women at the 23 Ilir Palembang Community Health Center.

This research design uses quantitative research with a pre-experimental design with the research type One group pre test-post test design on 58 samples of menopausal women from 136 populations. This research was conducted from 20 August 2024 to 3 September 2024 at the 23 Ilir Palembang Health Center.

The results of this study indicate that the average sleep quality in menopausal women before undergoing Progressive Muscle Relaxation (PMR) therapy was 9.45 with the lowest score being 3 and the highest score being 13. The average sleep quality in menopausal women after undergoing Progressive Muscle Relaxation (PMR) therapy was 6.31 with the lowest score being 3 and the highest score being 9. There is an influence of Progressive Muscle Relaxation (PMR) therapy on sleep quality in menopausal women at Pulskelsmas 23 Ilir Palembang.

It is recommended to the Public Health Center 23 Ilir Palembang that the results of this research can be introduced in pre-melnopausal research so that it can be carried out before experiencing melnopausal as a preventative effort in overcoming sleep quality, and can provide education in the form of banners and Progressive Muscle Relaxation (PMR) modules, so it is hoped that In this research, the respondents were able to overcome sleep disorders by carrying out Progressive Muscle Relaxation (PMR) therapy.

Key Words : Progressive Muscle Relaxation (PMR), Sleep Quality, Menopausal
References : 41 (2019-2022)

