

**ABSTRACT**

**THE INFLUENCE OF PROGRESSIVE MUSCLE RELAXATION (PMR)  
ON FULFILLMENT NEEDS OF SLEEP ELDERLY  
IN UPTD GRIYA WERDHA SURABAYA**

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The elderly can experience a variety of physical disorder such as fulfillment needs of sleep elderly. Sleep disorder can be bad if not handled correctly. One the choices of intervention can be done to overcome sleep disorders was Progressive Muscle Relaxation (PMR). This relaxation did with strain the muscles and then relax.

Method of this research was quasi-experiment design with pre and post test with control groups, each group consisted of 10 elderly. The independence variable in this research was Progressive Muscle Relaxation (PMR) and fulfillment needs of sleep elderly as dependence variable. Instrument in this research was using Pittsburg Sleep Quality Index (PSQI). The analysis of data used Wilcoxon signed rank test and Mann whitney u test.

Wilcoxon signed rank test showed that the intervention group was significantly to improve fulfillment needs of sleep elderly with the p value 0,005 ( $\alpha \leq 0,05$ ), while the control group is having no changes fulfillment needs of sleep elderly. Mann whitney u test showed that there were differences in fulfillment needs of sleep elderly in post intervention with p value 0,002.

PMR is recommended as a nursing intervention to improve fulfillment needs of sleep elderly. Further research was expected to take similar research with more samples and taking observation after giving an intervention.

Keyword: Progressive Muscle Relaxation (PMR), fulfillment needs of sleep elderly