

ABSTRACT

THE EFFECT OF PROGRESSIVE RELAXATION TECHNIQUE ON THE CHANGE OF PHYSIOLOGICAL TENSION

One Group Pra-Test Post Test Design in Intensive Care Unit Dr. Soetomo Hospital Surabaya

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Over the past decade occupational health physiology has made important progress in delineating the effect of work related stress on the nurse in critical care unit. Intensive Care Unit can be considered one of the most stressful work environment. One of the consequence of stress related work is physical tensions. The objective of this study was to identify progressive relaxation technique to change physiological tensions

This study used One Group Pra-Test Post Test Design. The population were all nurse working in Intensive Care Unit in Dr. Soetomo Hospital. The sample was recruited using purposive sampling consists of 8 respondent who fullfil the inclusion criteria. Data were collected by means of observations and questionnaires before and after the application of Progressive Relaxation Therapy. Independent variable is Progressive Relaxation Technique and dependent variable is physiological tensions. Physiological tensions measure pulse rate, systolic and diastolic blood pressure, physiological tension level. Data were analyzed using wilcoxon sign rank test and paired t-test with level of significancce of $\alpha - 0,05$

The statistic result showed that there were differences pre-test and post-test to pulse rate ($p=0,000$), physiological tension level ($p=0,012$), systolic ($p=0,006$) and diastolic ($p=0,049$) blood pressure.

From this result it can be concluded that Progressive Relaxation Technique influenced physiological tensions, pulse rate, systolic and diastolic blood pressure. Further experiment should involve larger respondents and better measurement to obtain more accurate results.

Keywords : Relaxation, physiological tensions