

**ABSTRACT**

**THE INFLUENCE OF PROGRESSIVE MUSCLE RELAXATION (PMR) ON ANXIETY OF PRE-ANGIOGRAPHY PATIENTS IN RSUD SOEWANDHIE SURABAYA**

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Coronary angiography lead patient to anxiety although they have already received information about benefits and procedures of angiography. Anxiety causes blood vessels constriction, increasing blood pressure, and triggering arhythmia and sometimes angiography must be postponed and should be reschedule because of that effects. Progressive Muscle Relaxation is one of the relaxation techniques which is decreasing the anxiousness. This relaxation begin when the muscle contraction then followed by the relaxation. The aim of this research is to explain the influence of progressive muscle relaxation on anxiety of preangiography patients in RSUD Soewandhie Surabaya.

Method of research was quasy-experimental design with pre and post control groups, each group consisted of 7 respondents. This research was used PMR as independence variable and anxiety level as dependence variable.

*Wilcoxon signed rank test* showed that the intervention group was significantly decrease anxiety levels with the p value 0,015( $\alpha=0,05$ ), while the control group is having no changes of anxiety levels. *Mann whitney u test* showed that there were differences in anxiety levels in post intervention with p value 0,002.

PMR is recommended as a nursing intervention for decreasing the preangiography patients anxiety levels. Further research is need to do identification dosage of PMR on anxiety levels and should use probability sampling technique to generalize this result.

Keyword : Preangiography, Anxiety, Progressive Muscle Relaxation