

## Pengaruh teknik relaksasi benson dikombinasikan dengan sleep hygiene education terhadap kualitas tidur pasien pasca stroke = The effect of benson s relaxation techniques combined with sleep hygiene education towards sleep quality of post stroke patients

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### Abstrak

Gangguan tidur dipandang sebagai masalah potensial yang terjadi pada pasien pasca stroke. Dalam mengatasi gangguan tidur dibutuhkan intervensi psikologis dan perilaku. Penelitian ini bertujuan mengetahui pengaruh teknik relaksasi Benson dikombinasikan dengan Sleep Hygiene Education (SHE) terhadap kualitas tidur pasien pasca stroke. Metode yang digunakan quasi experiment pre-post test design with control group. Dari 58 responden, 30 responden kelompok intervensi menerapkan relaksasi Benson dikombinasikan dengan SHE dan 28 responden menerapkan relaksasi Benson sebagai kelompok kontrol.

Hasil penelitian menunjukkan ada peningkatan kualitas tidur pada kedua kelompok ( $p=0,0001$ ) setelah perlakuan dan terdapat perbedaan yang bermakna antara dua kelompok tersebut ( $p=0,0001$ ). Relaksasi Benson dikombinasikan dengan SHE direkomendasikan sebagai salah satu terapi non farmakologi untuk mengoptimalkan kualitas tidur pada pasien pasca stroke.

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Sleep disorder was considered as a potential problem for post-stroke patients. To prevent sleep disorders, psychological and behavioral interventions are needed. The purpose of this study to evaluate the effect of Benson`s relaxation techniques combined with Sleep Hygiene Education (SHE) towards sleep quality of poststroke patients. Quasi experiment pre and post test design with control group was used. From 58 respondents, 30 person were implement Benson`s relaxation combined with SHE as intervention group and 28 person implement Benson`s relaxation as control group.

The result shows there was increased sleep quality in both groups ( $p=0,000$ ) and there was significant differences between the groups ( $p=0,0001$ ). Benson`s relaxation combined with SHE was recommended as one of the non-pharmacological method to optimize sleep quality in post-stroke patients.