

## Pengaruh relaksasi otot progresif terhadap kecemasan pada lansia di Kota Pangkalpinang = Progressive muscle relaxation decreasing anxiety among community-dwelling older people in Pangkalpinang City

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### Abstrak

Salah satu kelompok yang rentan dan sering mengalami gangguan kecemasan adalah lansia yang tinggal di komunitas. Relaksasi Otot Progresif adalah salahsatu terapi modalitas yang dapat memunculkan keadaan rileks sehingga mempengaruhi tingkat kecemasan seseorang. Penelitian ini bertujuan untuk mengetahui pengaruh Relaksasi Otot Progresif terhadap kecemasan pada lansia yang ada di komunitas. Desain penelitian ini menggunakan Quasy Eksperimen pre test and post test with control group pada 138 lansia (67 kelompok intervensi dan 71 kelompok kontrol). Kelompok intervensi diberikan intervensi Relaksasi Otot Progresif selama 10 sesi dalam 5 minggu (2 kali dalam seminggu) selam 35 menit setiap sesi. Pengukuran tingkat kecemasan menggunakan Geriatric Anxiety Scale. Hasil statistik menunjukkan ada perbedaan kecemasan pre test dan mid test dengan nilai  $p = 0,0001$  ( $p < 0,005$ ) dan ada perbedaan kecemasan pre test dan post test dengan nilai  $p = 0,0001$  ( $p < 0,005$ ) pada kelompok intervensi. Tidak ada perbedaan kecemasan pre test dan post test pada kelompok non intervensi dengan nilai  $p = 0,063$  ( $p > 0,005$ ). Ada pengaruh yang signifikan Relaksasi Otot Progresif terhadap tingkat kecemasan dengan nilai  $p = 0,0001$  ( $P \text{ value} < 0,005$ ) pada lansia di Kota Pangkalpinang. Intervensi Relaksasi Otot Progresif dapat dijadikan salah satu intervensi dalam terapi modalitas dalam penatalaksanaan asuhan keperawatan komunitas pada lansia yang mengalami kecemasan sehingga mencegah terjadinya efek yang merugikan.

.....One of the vulnerable groups and it find anxiety disorders frequently was community-dwelling older people. Progressive Muscle Relaxation is one of the modalities therapy, it's can make a relaxed state that affects the level of anxiety. This study aims to determine the effect of Progressive Muscle Relaxation on anxiety in community-dwelling older people. The design of these studies using a quasi-experiment pre-test and post-test with the control group in 138 community-dwelling older people (67 intervention groups and 71 control groups). The intervention group was given a Progressive Muscle Relaxation intervention for 10 sessions in 5 weeks (2 times a week) for 35 minutes each session. Measurement of anxiety levels using the Geriatric Anxiety Scale. the results in statistics showed there were differences in pre-test and mid-test anxiety with  $p = 0,000$  ( $p < 0.005$ ) and there were differences in pre-test and post-test anxiety with  $p = 0,000$  ( $p < 0.005$ ) in the intervention group. And there were no differences in pre-test and post-test anxiety in the non-intervention group with  $p = 0.063$  ( $p > 0.005$ ). There was a significant effect of Progressive Muscle Relaxation on the level of anxiety with a value of  $p = 0,000$  ( $P\text{value} < 0.005$ ) in the elderly in the City of Pangkalpinang. Progressive Muscle Relaxation is one of Intervention in modalities therapyto manage nursing care in the community to older people who experience anxiety to prevent worse effects. One of the vulnerable groups and it find anxiety disorders frequently was community-dwelling older people.

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