

ABSTRAK

PENGARUH *PROGRESSIVE MUSCLE RELAXATION* TERHADAP NYERI DAN KUALITAS TIDUR PADA KLIEN HEMODIALISA DI YOGYAKARTA

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ABSTRAK

Chronic kidney disease merupakan salah satu penyakit tidak menular yang saat ini menjadi masalah kesehatan masyarakat, baik dunia maupun di Indonesia. Pasien *chronic kidney disease* harus menjalani terapi secara rutin salah satunya hemodialisa. Efek samping terapi hemodialisa yang sering dijumpai adalah nyeri dan gangguan kualitas tidur. *Progressive muscle relaxation* merupakan salah satu terapi non-farmakologi yang dapat diterapkan pada pasien *chronic kidney disease* yang mengalami mual dan nyeri dan gangguan kualitas tidur. Desain penelitian ini adalah *quasy-experimental time series design* dengan rancangan *pre-test and post-test with control group design*. Pengambilan sampel dengan teknik *simple random sampling* terdiri dari 50 responden untuk kedua kelompok dengan analisis bivariat menggunakan *chi square*. *Progressive muscle relaxation* diberikan setiap hari selama 4 minggu. Instrumen penelitian menggunakan *Brief Pain Inventory* dan *Pittsburgh Sleep Quality Index*. Hasil penelitian ada perbedaan tingkat nyeri dan kualitas tidur antara kelompok kontrol dengan kelompok intervensi dengan nilai $p < 0.05$. Terapi non-farmakologi *progressive muscle relaxation* dapat diaplikasikan pada pasien hemodialisa yang mengalami nyeri dan gangguan kualitas tidur, agar kualitas hidup meningkat.

Kata kunci : *Progressive muscle relaxation*, hemodialisa, nyeri, kualitas tidur

The Effect Of Progressive Muscle Relaxation On Pain and Sleep Quality In Hemodialysis Clients Hospital In Yogyakarta

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ABSTRACT

Chronic kidney disease is a non-communicable disease that is currently a public health problem, both in the world and in Indonesia. Chronic kidney disease patients must undergo regular therapy, one of them is hemodialysis. Side effects of hemodialysis therapy that are often encountered are pain and sleep quality disorders. Progressive muscle relaxation is one of the non-pharmacological therapies that can be applied to chronic kidney disease patients who experience nausea and pain and impaired sleep quality. The design of this study was quasy-experimental time series design with a pre-test and post-test design with control group design. Sampling with simple random sampling technique consisted of 50 respondents in the intervention group and 50 respondents in the control group with bivariate analysis using chi square. Progressive muscle relaxation is given every day for 4 weeks. Research instruments use Brief Pain Inventory and Pittsburgh Sleep Quality Index. The results of the study there were differences in the level of pain and sleep quality between the control group and the intervention group with a value of $p < 0.05$. Non-pharmacological therapy for progressive muscle relaxation can be applied to hemodialysis patients who experience pain and impaired sleep quality, so that quality of life increases

Keywords: Progressive muscle relaxation, hemodialysis, pain, sleep quality