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The **2nd Joint International Conferences** | <http://proceeding.tenjic.org/jic2> | ISBN: 978-602-5842-03-0 154 **Effectiveness of Progressive Muscle Relaxation Exercise in Reducing Elderly Anxiety in Social Institution of UPT PSLU Blitar Tulungagung Prima Dewi** Kusumawatia,1,* , Sutrisnoa,2 a Lectures of STIKes Surya Mitra Husada Kediri, Jl Manila no 37 sumber ece Kediri 1prima.lppmstrada@gmail.com*; 2 sutrisno250214@gmail.com * Corresponding author **A B S T R A C T** Keywords: Progressive muscle relaxation Anxiety Elderly **Anxiety in the elderly** is the most common thing.

Most of the elderly experience anxiety as we get older. Psychological problems are often found in the elderly. Psychological factors include feeling bored, tired or feeling depressed. **Progressive muscle relaxation techniques** are deep muscle relaxation techniques that do not require imagination, strength or suggestion.

Progressive muscle relaxation techniques **focus on a muscle activity by identifying strained muscles and then reducing tension by doing relaxation techniques to get a relaxed feeling.** The aim of the study **was to determine the effectiveness of progressive muscle relaxation exercises in reducing elderly anxiety in the Social Institution of UPT PSLU Blitar Tulungagung.** Research design **used One Group Pre Test-Post Test.**

The population was elderly residents of the Social Institution **UPT PSLU Blitar Tulungagung** with purposive sampling technique. Samples in this study some elderly residents of Social Institutions **UPT PSLU Blitar Tulungagung** which met the inclusion and exclusion criteria of 50 people. Data collection was done with observation and question sheets, research **data were analyzed by** paired sample T test.

The results showed that from 50 respondents mostly before being given progressive muscle training from 50 respondents, most of them after being given progressive muscle training at UPT PSLU Blitar - Tulungagung experienced moderate anxiety as many as 28 people (56%) and after Progressive Muscle Exercises from 50 respondents most experienced moderate anxiety as many as 28 people (56%) From the results of the t test analysis known based on the sig value of 0.000, H0 is rejected, meaning that there are differences in elderly anxiety in social care institutions before and after relaxation.

Differences in anxiety levels before and after relaxation are decreased by 1,320. Anxiety can occur due to stress or fear experienced by respondents. This anxiety can be reduced by relaxing or calming the mind of the respondent. And one way to calm the mind in the elderly is by Progressive Muscle Relaxation. Copyright © 2018 Joint International Conference All rights reserved I.

INTRODUCTION The existence of old age is characterized by increasing life expectancy from year to year, this requires efforts to maintain and improve health in order to achieve a healthy, happy and productive old age [1] According to [2] population growth around the world is accelerating; the number of elderly people in Indonesia will increase by around 11% by 2020 with a life expectancy of 70-75 years. In 2025 it is estimated that the number of elderly in Indonesia will reach 1.2 billion.

As life expectancy increases, the number of elderly people in Indonesia tends to increase. Data from the Central Bureau of Statistics shows that the elderly population in Indonesia in 2000 was 14,439,967 people (7.18%), and then in 2010 it increased to 23,992,553 people (9.77%). While the The 2nd Joint International Conferences | <http://proceeding.tenjic.org/jic2> | ISBN: 978-602-5842-03-0 Vol. 2, No. 2, July 2018, pp.

154-159 155 world health organization (WHO) has calculated in 2020 the number of elderly people in Indonesia will increase by 414%. Meanwhile, the figure increased compared to three years ago, namely 72 years for female citizens, and 70 years for male citizens. The population of the elderly in Indonesia if not handled seriously, the addition of old age will cause problems in the health, economic and social fields.

Anxiety in the elderly is the most common thing. Most of the elderly experience anxiety as we get older. Elderly people in the initial period are the highest periods of anxiety, but, along with increasing age, the elderly try to accept their situation and feel resigned. Old age is seen as a period of biological degeneration which is accompanied by various afflictions such as several diseases and zealously and awareness that everyone will die, and then the anxiety of death becomes an important psychological problem in the elderly, especially the elderly who experience chronic diseases.

In the elderly people usually have a tendency to chronic disease (chronic / lasting several years) and progressive (more severe) until the sufferer passed away. Anxiety of the elderly who experience chronic diseases in the face of death include the occurrence of a drastic change in physical conditions that cause certain diseases and cause anxiety such as impaired digestion, heart rate pounding due to relapse, frequent dizziness, sleep not sound , appetite is gone.

Then psychologically the anxiety of the elderly who experience chronic disease in the face of death is like the feeling of worry, anxiety or fear of death itself, helpless, weak, unsure, suicidal, uneasy, and nervous. Based on a preliminary study with 2 officers of the Blitar Tulungagung PSLU UPT in February 2016, it was stated that many of the elderly residents of nursing homes were alone, far from their families. Sometimes sadness arises from the elderly because the family rarely visits; some even have no family at all.

This is one of the causes of anxiety in the elderly. Based on interviews conducted with 4 elderly people at the Blitar Tulungagung PSLU UPT they said they were quite happy to stay at the Blitar Tulungagung PSLU UPT, but the elderly also said they also wanted to occasionally gather with their families (children, grandchildren, and other families) or at least minimal they have visited their family.

The elderly also often feel anxious if they have never been visited by their families, this anxiety is usually manifested in the form of difficulty sleeping (insomnia), the chest sometimes pounding and often suddenly want to be angry without cause. One form of complementary therapy to reduce anxiety is progressive muscle relaxation therapy.

Progressive muscle relaxation techniques are deep muscle relaxation techniques that do not require imagination, strength or suggestion. Progressive muscle relaxation techniques focus on a muscle activity by identifying strained muscles and then reducing tension by relaxation techniques to get relaxed feeling [3] Progressive muscle relaxation is the cheapest relaxation method, requires no imagination, no side effects, easy to do, makes the body and mind feel calm and relaxed [4].

This exercise can help reduce muscle tension, stress, lower blood pressure, increase tolerance for daily activities, improve immunity, so that functional status, and quality of life increases. This research is aims to how is the effectiveness of progressive muscle relaxation exercises in reducing anxiety in the elderly at the Social Institution of UPT PSLU Blitar Tulungagung? II. METHOD Research design used One Group Pre Test-Post Test.

The population is the elderly residents of the Social Institution UPT PSLU Blitar Tulungagung with purposive sampling technique, there were 50 respondents. Samples in this study were elderly residents of the Social Institution of UPT PSLU Blitar Tulungagung who met the inclusion and exclusion criteria. Data collection was done with observation and question sheets, research data were analyzed by Paired T Test. The 2nd Joint International Conferences | <http://proceeding.tenjic.org/jic2> | ISBN: 978-602-5842-03-0 Vol. 2, No. 2, July 2018, pp. 154-159 156 III.

RESULTS AND DISCUSSION Characteristics of Respondents Table 1 Distribution of respondents based on age at UPT PSLU Blitar - Tulungagung No Characteristics f % 1 Ages 45 – 59 60 – 74 75 - 90 1 34 15 2 68 30 2 Gender Male Female 18 32 36 64 3 Family Available Unavailable 26 24 52 48 Based on table 1 shows that the most age is age 60-74 as many as 34 people with a percentage of 68% and the most gender is female gender as many as 32 people with a percentage of 64%.

And respondents who have a family of 26 people or 52% Variable Characteristics Table 2. Distribution of respondents before being given Progressive Muscle Training at UPT PSLU blitar - Tulungagung No Information Frequency Percentage 1 No anxiety 7 14% 2 Mild anxiety 11 22% 3 Moderate anxiety 11 22% 4 Severe anxiety 21 42% 5 Very Severe anxiety 0 0 Based on Table 2, it can be seen that of the 50 respondents most of whom were given progressive muscle training at UPT PSLU Blitar - Tulungagung, they experienced severe anxiety, namely 21 people (42%) Table 3.

Distribution of respondents after being given Progressive Muscle Training at UPT PSLU Blitar – Tulungagung. No Information Frequency Percentage 1 No anxiety 8 16% 2 Mild anxiety 10 20% 3 Moderate anxiety 28 56% 4 Severe anxiety 4 8% 5 Very Severe anxiety 0 0 The 2nd Joint International Conferences | <http://proceeding.tenjic.org/jic2> | ISBN: 978-602-5842-03-0 Vol. 2, No. 2, July 2018, pp.

154-159 157 Based on table 3 it can be seen that of the 50 respondents most of whom were given progressive muscle training at UPT PSLU Blitar - Tulungagung experienced moderate anxiety as many as 28 people (56%) STATISTICAL TEST RESULTS Table 4 Paired Sample Test Statistical Test Results From the results of the t-test analysis, it is known that based on the sig value of 0.000, H0 is rejected, meaning that there is a difference in elderly anxiety in social institutions before and after relaxation.

Differences in anxiety levels before and after relaxation are decreased by 1,320. Identifying elderly anxiety before being given progressive muscle relaxation exercises at the Social Institution of UPT PSLU Blitar Tulungagung. Based on Table 2, it can be seen that of the 50 respondents most of whom were given progressive muscle training at UPT

PSLU Blitar - Tulungagung, they experienced severe anxiety, namely 21 people (42%) According to [5] emotional conditions with signs of tension, fear, anxiety and active central nervous system can be called anxiety. Anxiety is also followed by certain physiological reactions, such as changes in heart rate and breathing.

According to [6] Response to threatening situations accompanied by developments, changes, new experiences, and in discovering one's identity and life. Elderly people often experience anxiety. When viewed in terms of age, those who experience severe anxiety are those aged 75 - 90 years as many as 12 people. **Anxiety in the elderly** is the most common thing. Most of the elderly experience anxiety as we get older.

Old age is seen as a period of biological degeneration which is accompanied by various afflictions such as several diseases and zealousness and awareness that everyone will die, then the anxiety of death becomes an important psychological problem in the elderly, especially the elderly who experience chronic diseases. This is based on [7] elderly people **over the age of 65 years** are very susceptible to a number of physical and psychological illnesses that are related to age, stress (such as physical illness, weakness, immobility, decreased independence, and loss of loved ones) so that it can often trigger interference psychiatric, [8] mentions **the causes of anxiety disorders** reflect several conditions when entering old age, one of which is experiencing chronic disease.

At the age of 75-90 is an age that is prone to chronic diseases that are difficult to cure, thus triggering the elderly to experience anxiety. Whereas in terms of gender, data was obtained that female sex experienced a lot of anxiety as many as 13 people. This is because women use their feelings more in responding to all forms of changes that occur, and women are more sensitive to their emotions which ultimately are more sensitive to anxious feeling.

Whereas it is viewed from a family standpoint, many who experience anxiety are those **who do not have** a family, which is 11 people out of 50 respondents. Based on [9] there are several things that affect anxiety, one of which is social and environmental support, especially the family environment which has a large influence on respondents because of the existence of such support as an external defense of individuals in solving anxiety-triggering problems.

According to [10] family support is an effort to prevent the occurrence of depression in the elderly where family support is a form of interpersonal relationship that protects a person from the effects of bad stress, family support can also provide clues about the mental, physical, and emotional health of the elderly. **The 2nd Joint International Conferences** | <http://proceeding.tenjic.org/jic2> | ISBN: 978-602-5842-03-0 Vol. 2, No. 2,

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154-159 158 Identifying elderly anxiety after being given progressive muscle relaxation exercises at the Social Institution of UPT PSLU Blitar Tulungagung. Based on table 3 it can be seen that of the 50 respondents most of whom were given progressive muscle training at UPT PSLU Blitar - Tulungagung experienced moderate anxiety as many as 28 people (56%).

The progressive muscle relaxation technique is to focus on a muscle activity, by identifying the muscles that are tense and then reduce tension by doing relaxation techniques to get a feeling of relaxation. [11] Relaxation responses are part of a general decline in cognitive, physiological, and behavioral stimulation. Relaxation can stimulate the appearance of chemicals similar to beta blockers in the peripheral nerves which can close the sympathetic nerve nodes that are useful for reducing tension and lowering blood pressure [12] In old age, the aging process occurs naturally with age.

The aging process is one of them is a psychological change. Psychological changes in the elderly include short term memory, frustration, loneliness, fear of losing freedom, fear of facing death, changes in desire, depression, and anxiety [4] According to [13] physiologically, relaxation exercises will reverse the anxious effects involving parasympathetic parts of the system central nerve.

Relaxation will inhibit the increase in sympathetic nerves, so that the hormone that causes body dis-regulation can be reduced in number. The parasympathetic nervous system which has a work function that is opposite to the sympathetic nerve, will slow down or weaken the work of the internal organs of the body. As a result there is a decrease in heart rate, breathing rhythm, blood pressure, muscle tension, metabolic rate, and the production of anxious hormones.

As the level of the hormone causing an anxiety decreases, the whole body begins to function at a healthier level. Analyzing the differences in anxiety in the elderly before and after the Social Institution Training at Blitar Tulungagung UPT PSLU From the results of the t-test analysis, it is known that based on the sig value of 0.000, H₀ is rejected, meaning that there is a difference in elderly anxiety in social institutions before and after relaxation.

Differences in anxiety levels before and after relaxation are decreased by 1,320. From the results of differences in mean values (mean) can be seen that there is an effect of progressive muscle relaxation on elderly anxiety, because the higher the average value (mean), the intervention is more effective. Anxiety can occur due to stress or fear

experienced by respondents.

This anxiety can be reduced by relaxing or calming the mind of the respondent. With **progressive muscle relaxation therapy** method, it is expected to increase alpha brain waves to improve the ability to cope with stress, reduce respondents' anxiety and direct respondents to think positively [14] **Progressive muscle relaxation has** an influence on anxiety in the elderly.

This is because **progressive muscle relaxation therapy** does not require imagination, perseverance or suggestion so that it is easily understood by the elderly who experience memory loss and this therapy can help reduce muscle tension, neck and back pain, and anxiety. Adequate family support at the research site shows that there are still some families who are not optimal in giving support to their elderly family members in the implementation of **the elderly integrated service post** (posyandu).

Family backgrounds that are diverse both in terms of economic, psychological and family busyness can be a contributing factor to the family's lack of support in **the elderly integrated service post** (posyandu) implementation for their elderly families. IV.

CONCLUSION 1. From the results of the study it can be seen that from 50 respondents mostly before being given progressive muscle training at UPT PSLU Blitar - Tulungagung experienced severe anxiety as many as 21 people (42%) **The 2nd Joint International Conferences** | <http://proceeding.tenjic.org/jic2> | ISBN: 978-602-5842-03-0 Vol. 2, No.

2, July 2018, pp. 154-159 159 2. From the results of the study it can be seen that of the 50 respondents most after being given progressive muscle training at UPT PSLU Blitar - Tulungagung experienced moderate anxiety as many as 28 people (56%). 3. From the results of the t test analysis, it is known based on the sig **value of 0.000, then** H0 is rejected, **meaning that there are** differences in **elderly anxiety in social** institutions before and after relaxation.

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