

Applications a Progressive Relaxation to Anxieties Geriatry in Tasikmalaya

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Abstract- Objectives : *Progressive relaxation is a therapy based on the relationship between muscle and emotional tension. Anxiety is a subjective feeling of disturbing mental tension as a general reaction to the inability to overcome a problem or un secure. The Objectives is discusses of complementary protection of Progressive Relaxation in Elderly Patients with Anxiety Disorders in the nursing home of Panti Wredha Welas Asih Tasikmalaya. Methodology is using a pre-experimental design with pre and post test without control design. All samples are checked first whether they need to be improved or not, if agreed in advance, what is needed is Progressive Relaxation Therapy, whether there is an addition or an increase in comfort. The results showed that there were no changes in the level of participation of respondents after the most progressive relaxation interventions in 19 respondents (76%), while there were changes in 6 respondents (24%). Conclusion It is known that the level of difficulty in the elderly at Wredha Asih Tasikmalaya, 23 respondents or 92% is more difficult to understand. Advice is given to the manager of nursing home, muscle relaxation should be do every day to help reduce muscle tension which has an impact on reducing anxiety levels*

Keywords: *anxiety, progressive relaxation, elderly*

I. INTRODUCTION

The age of the individual will inevitably continue to grow and continue constant from birth to death (Bear: 2007), someone will go through several phases of development that eventually reach old age or the elderly

Rochman (2010) said, anxiety in the form of disease and seen in several forms. Anxiety is caused by things that are unclear and have nothing to do with anything that is sometimes accompanied by feelings that affect the overall personality of the sufferer. There are strong and very unstable emotions. Like to be angry and often in a state of excited (boisterous) which peaked, very irritable, but often also depression

Panti Welas Asih is the only one nursing home in the Tasikmlaya, there are around 40 elderly people living in this institution, where researchers have tried to conduct preliminary research found that there

are some elderly people who appear to have anxiety disorders

To Know the impact of the application of complementary therapy Progressive Relaxation in Elderly Patients with Anxiety disorders in Panti Wredha Welas Asih Tasikmalaya

II. MATERIAL AND METHOD

Prosedure

This study also uses design with pre and post test without control design. All samples are checked first whether they experience anxiety or not, if they experience anxiety then are given treatment in the form of Progressive Relaxation Therapy, whether there is a decrease or increase in anxiety.

Data Analysis

Design research with pre and post test without control design. All samples are checked first whether they experience anxiety or not, if they experience anxiety then are given treatment in the form of Progressive Relaxation Therapy, whether there is a decrease or increase in anxiety

The sample in this study is taken by Total Sampling

III. RESULTS

TABLE 1: LEVEL ANXIETY BEFORE INTERVENTION

No	Intevention	Frequency	Presentation
1	Mild Anxiety	23	92 %
2	Moderate Anxiety	2	8 %
3	Severe Anxiety	0	%
Total		25	100%

Base on the table 1 shows that the most anxiety level of respondents before the intervention is in mild anxiety as many as 23 respondents (92%), while moderate anxiety is as much as 2 respondents (8%)

TABLE 2 LEVEL ANXIETY AFTER INTERVENTION

No	Intervention	Frequency	Presentation
1	Normal	5	20 %
2	Mild Anxiety	20	80%
3	Moderate Anxiety	0	0
	Total	25	100%

Based on table 2 above shows that the level of anxiety of respondents after the most intervention is in mild anxiety by 20 respondents (80%), while not anxiety by 5 respondents (20%)

TABLE 3 INTERPRETATION OF RESEARCH RESULTS

No	Intervention	Frequency	Presentation
1	Changes	6	24 %
2	Unchanges	19	76%
	Total	25	100%

Based on table 3 at the top shows the level of freedom of respondents that there is no change after the release of the most progressive relaxation intervention in 19 respondents (76%), while there are changes as much as 6 respondents (24%)

IV. DISCUSSION

The results showed 24% of respondents experienced changes in anxiety levels from high to low levels, this is in accordance with Purwanto (2008), Progressive muscle relaxation is an activity to relax physical tension which will later have an impact on reducing mental tension. Because the resulting effect is a feeling of pleasure, relaxation begins to be used to reduce tension, especially psychological tension. This research agrees with Stuart (2007).

Anxiety is a subjective emotion that makes an individual uncomfortable, fears that are not clearly separated, and accompanied by an autonomous response. Anxiety is also an obscure and pervasive concern related to feelings of uncertainty and helplessness.

Wiscarz (2013) suggests that anxiety is an unclear fear accompanied by feelings of uncertainty, helplessness, isolation, and insecurity. According to interpersonal views, anxiety arises from feelings of fear of rejection and lack of interpersonal acceptance. Anxiety is also related to the development of trauma, such as separation and loss which causes physical weakness. Signs and symptoms of anxiety that are shown by someone vary, namely: the behavior of patients often ask about the condition of the disease

they are experiencing, asking questions that are repeated feel uncomfortable and often look sad, complain and depressed.

The results of this study 80% of respondents (20) experienced mild anxiety with varying anxiety symptoms. Symptoms of mild anxiety appear in the tension group include: bad feeling,

The benefit of this progressive muscle relaxation itself is to overcome various kinds of problems in dealing with stress, anxiety, insomnia, and can also build positive emotions from negative emotions. First for individuals who use progressive relaxation exercises will provide a good opportunity for exercise, thereby increasing basic relaxation skills, secondly for individuals who experience chronic tension will help to manage weakened daily stimuli.

There are several factors that influence anxiety, according to Atkinson, the factors that influence anxiety are divided into two, namely the first internal factor, the internal factor of anxiety starts from the perspective of psychological analysis which believes that the source of anxiety is internal and unconscious. Based on the results of interviews conducted by researchers, it can be concluded that the internal factors that influence the subject's anxiety are due to the desires of the subject in the form of expectations. The second factor is external factors. Someone who experiences anxiety feels that he cannot control various life situations so that feelings of anxiety almost always exist. People who experience anxiety will think about potential danger situations that they will experience.

V. CONCLUSION

The conclusion in this study, It is known that the level of difficulty in the elderly at Wredha Asih Tasikmalaya, 23 respondents or 92% is more difficult to understand. Advice is given to the manager of nursing home, muscle relaxation should be do every day to help reduce muscle tension which has an impact on reducing anxiety levels

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