

ABSTRACT

THE EFFECT OF COMBINATION OF PROGRESSIVE MUSCLE RELAXATION AND NATURE SOUND MUSIC THERAPY ON SLEEP QUALITY OF MENOPAUSED WOMEN IN KEBONSARI PUSKESMAS SURABAYA

Introduction. Menopause is a critical process that every women will experience. Decreased function of female organs occurs because they cannot produce the hormones estrogen and progesterone, causing symptoms both psychologically and physiologically. One of the physiological symptoms is sleep quality disorders, which if not handled properly will cause decreased concentration, anxiety and stress. Pharmacological and non pharmacological therapy to help postmenopausal women reduce their sleep disorders. The aim of the study was to determine the effect of combination therapy of progressive muscle relaxation and nature sound music therapy on sleep quality in postmenopause.

Method. Quasy-Experiment research design. Population is menopause with a total of 220 people. The sample size is 102 respondents, the sampling is simple random sampling. The treatment group in combination therapy of progressive muscle relaxation and nature sound music therapy 15-20 minutes and the control group was not given any intervention. The variable studied was the value of sleep quality obtained from the results of the questionnaire (Pittsburgh Sleep Quality Index). The analysis used the Wilcoxon Signed Test for pre and post treatment, as well as the Mann-Whitney test to determine the difference between the experimental group and the control group with a significant $\alpha < 0,05$.

Results. The results of the analysis of the quality of sleep using the Wilcoxon Signed Rank Test, *p value* 0,000 in the treatment group and *p value* 0,215 in control group. The results of the analysis using the Mann-Whitney test obtained a *p value* of 0,000 on the value of sleep quality between the treatment group and the control group

Conclusion. Combination therapy of progressive muscle relaxation and nature sound music therapy is effective for reducing the value of sleep quality disorders in menopause women, and this technique is easy to do, so it can be applied as a nursing intervention at the puskesmas for the development of nursing knowledge in services

Keywords : Progressive Muscle Relaxation, Nature Sound, Sleep quality, , Menopause