

PROGRESIVE MUSCLE RELAXATION IMPROVE THE QUALITY OF SLEEP ON POSTPARTUM WOMEN

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ABSTRACT

Introduction: Postpartum women expect to have a good sleep quality with short sleep duration. Good quality sleep can reduce the risk of postpartum blues. The aim of this study was to analyze the effect of progressive muscle relaxation exercise in improving sleep quality postpartum women. **Method:** This research used Quasy- Experimental method with purposive sampling technique. Samples were taken from 12 villages in the district Kandat. There were 19 respondents in each treatment group and the control. Independent variable in this study was a progressive muscle relaxation exercise. The dependent variable was the quality of sleep in postpartum women. Data was collected by questionnaire PSQI. Analysis on the data in each group used the Wilcoxon test. Comparative analysis for the 2 groups used the Mann Whitney test. This study used a significance of $\alpha=0.05$. **Result:** Wilcoxon test analysis results showed that there were changes in sleep quality in the treatment group ($p=0,003$). Whereas the control group did not change ($p=0,157$). Mann Whitney test results showed that compared with the control group, there was an increase in the quality of sleep in the treatment group ($p=0.000$). **Conclusion:** The results of this study concluded that progressive muscle relaxation exercises can be used as an effort to improve the quality of sleep for postpartum women. Progressive muscle relaxation is an alternative intervention to solve the issue of maternal postpartum sleep quality.

Key words: postpartum, relaxation, quality of sleep, PSQI, PMR