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**Pengelolaan Gangguan Pola Tidur Melalui Relaksasi Benson Pada Lansia di
Desa Bumen**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui efektivitas teknik relaksasi Benson dalam mengatasi gangguan pola tidur pada lansia di Desa Bumen. Lansia merupakan kelompok yang rentan mengalami gangguan tidur akibat perubahan fisiologis, psikologis, serta kondisi penyakit kronis seperti hipertensi. Gangguan tidur yang tidak ditangani dapat menurunkan kualitas hidup dan memperburuk kondisi kesehatan. Penelitian ini menggunakan metode studi kasus deskriptif terhadap satu orang lansia dengan gangguan pola tidur. Pengumpulan data dilakukan melalui wawancara, observasi, dan pengisian kuesioner untuk menilai kualitas tidur. Diagnosa keperawatan ditegakkan berdasarkan format SDKI, SLKI, dan SIKI. Intervensi yang diberikan adalah teknik relaksasi Benson, yaitu teknik pernapasan dalam yang dipadukan dengan pengulangan kata-kata positif bernuansa spiritual sesuai keyakinan klien. Intervensi dilakukan selama tujuh hari berturut-turut. Hasil evaluasi menunjukkan adanya perbaikan signifikan pada kualitas tidur. Keluhan sulit tidur menurun, waktu tidur meningkat, dan pola tidur membaik. Klien juga menunjukkan peningkatan kemampuan dalam menjalankan aktivitas harian serta tampak lebih segar saat bangun tidur. Dapat disimpulkan bahwa teknik relaksasi Benson efektif dalam mengatasi gangguan pola tidur pada lansia. Disarankan agar perawat mengintegrasikan teknik ini sebagai intervensi non-farmakologis dalam praktik keperawatan, khususnya di tatanan komunitas untuk meningkatkan kualitas tidur lansia.

Kata kunci: Lansia, Gangguan Pola Tidur, Relaksasi Benson

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Management of Sleep Disorders Using Benson Relaxation Technique in Elderly Patients with Hypertension in Bumen Village

ABSTRACT

This study aims to determine the effectiveness of Benson relaxation technique in overcoming sleep pattern disturbances among the elderly in Bumen Village. Older adults are a vulnerable group prone to sleep disorders due to physiological, psychological changes, and chronic conditions such as hypertension. Untreated sleep disturbances can reduce quality of life and worsen health conditions. This research employed a descriptive case study method involving one elderly individual with sleep pattern disturbances. Data collection was conducted through interviews, observation, and a questionnaire to assess sleep quality. The nursing diagnoses were established based on SDKI (Indonesian Nursing Diagnosis Standards), SLKI (Indonesian Nursing Outcomes Standards), and SIKI (Indonesian Nursing Interventions Standards). The intervention provided was the Benson relaxation technique, which combines deep breathing with the repetition of positive, spiritually meaningful words according to the client's beliefs. The intervention was conducted over seven consecutive days. Evaluation results showed significant improvements in sleep quality. Complaints of difficulty sleeping decreased, sleep duration increased, and sleep patterns improved. The client also demonstrated enhanced ability to perform daily activities and appeared more refreshed upon waking. In conclusion, the Benson relaxation technique is effective in addressing sleep pattern disturbances in the elderly. It is recommended that nurses integrate this technique as a non-pharmacological intervention in nursing practice, particularly in community health settings, to improve sleep quality among older adults.

Keywords: Elderly, Sleep Pattern Disturbance, Benson Relaxation