

ABSTRAK

Pandemi covid-19 tidak hanya mengancam kesehatan fisik bagi penderitanya, hal ini juga berdampak buruk bagi kesehatan psikologis, dan dapat menimbulkan stres psikososial bagi keluarga pasien. Cara untuk menangani stres psikososial yaitu dengan melakukan terapi relaksasi otot progresif. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian terapi relaksasi otot progresif terhadap stres psikososial keluarga pasien covid-19 di RSUD Royal Prima Medan. Penelitian ini menggunakan *quasi-experiment* melalui pendekatan *one group pre-test* dan *post-test design*. Waktu penelitian pada bulan Februari 2021. Populasi dalam penelitian ini sebanyak 30 orang keluarga pasien covid-19. Teknik pengambilan sampel dengan *Accidental Sampling*, dan sampel sebanyak 30 orang. Metode pengumpulan data menggunakan kuesioner. Analisa data univariat dalam tabel distribusi frekuensi. Uji normalitas menggunakan uji *Kolmogorov Sminov*. Analisa bivariat menggunakan uji *Wilcoxon*. Hasil penelitian sebelum dilakukan pemberian terapi relaksasi otot progresif keluarga pasien mayoritas mengalami stres berat sebanyak 50% dan setelah dilakukannya pemberian terapi terjadi peningkatan stres dari 50% menjadi 83%. Perbedaan sebelum dan sesudah dilakukannya pemberian terapi relaksasi otot progresif didapatkan nilai *p-value* = 0,003, maka H_0 diterima dengan kesimpulan bahwa tidak ada pengaruh pemberian terapi relaksasi otot progresif terhadap stres psikososial keluarga pasien. Bagi peneliti selanjutnya diharapkan memperhatikan faktor-faktor yang mempengaruhi stres psikososial pasien.

Kata kunci: terapi, relaksasi, ototprogresif, stres psikososial, keluarga

ABSTRACT

The Covid-19 pandemic not only threatens physical health for sufferers, it also has a negative impact on psychological health, and can cause psychosocial stress for the patient's family. The way to deal with psychosocial stress is to do progressive muscle relaxation therapy. This study aims to determine the effect of progressive muscle relaxation therapy on the psychosocial stress of the family of covid-19 patients at the Royal Prima Medan Hospital. This study used a quasi-experiment through one group pre-test and post-test design approaches. The study time was in February 2021. The population in this study were 30 families of covid-19 patients. The sampling technique was Accidental Sampling, and a sample of 30 people. The data collection method used a questionnaire. Univariate data analysis in the frequency distribution table. The normality test used the Kolmogorov Sminov test. Bivariate analysis using the Wilcoxon test. The results of the study prior to the administration of progressive muscle relaxation therapy, the majority of patients experienced severe stress as much as 50% and after giving the therapy there was an increase in stress from 50% to 83%. The difference before and after giving progressive muscle relaxation therapy is $p\text{-value} = 0.003$, so H_a is accepted with the conclusion that there is no effect of progressive muscle relaxation therapy on the psychosocial stress of the patient's family. For the next researcher, it is expected to pay attention to the factors that renew the patient's psychosocial stress.

Keywords: therapy, relaxation, progressive muscle, psychosocial stress, family