

## ABSTRAK

Hemodialisis merupakan masalah medis umum yang sangat signifikan, selain biaya perawatan dan terapi yang sangat mahal. Relaksasi otot progresif merupakan pengobatan nonfarmakologis yang didasarkan pada prinsip bahwa ketegangan otot respon fisiologis tubuh manusia terhadap pemikiran yang mengganggu. Kram otot merupakan kontraksi yang dialami oleh sekelompok otot secara terus menerus sehingga menimbulkan rasa nyeri, kram otot disebabkan oleh kontraksi otot dan terkadang melumpuhkan otot, kram biasanya terjadi pada pasien dengan sirosis dan yang menjalani hemodialisa. Penelitian ini bertujuan untuk mengetahui pengaruh relaksasi otot progresif terhadap penurunan kram otot pada pasien hemodialisa. Jenis penelitian ini menggunakan metode kuantitatif dengan desain *quasi experimental* melalui pendekatan *one group pre-test post-test design*. Populasi adalah seluruh responden pasien hemodialisa yang mengalami kram otot. Teknik pengambilan sampel menggunakan *sampling* jenuh, maka sampel sebanyak 33 orang. Analisa bivariat menggunakan Uji Wilcoxon. Hasil penelitian didapatkan mayoritas berusia 58-63 tahun, berjenis kelamin laki-laki. Hasil data sebelum dilakukan intervensi mayoritas kram berat. Setelah dilakukan intervensi mayoritas kram ringan. Berdasarkan pengaruh relaksasi otot progresif terhadap penurunan kram otot pada pasien hemodialisa menunjukkan nilai *sig (2-tailed)* 0,00, yang berarti adanya perbedaan nyeri sebelum dan setelah dilakukan terapi relaksasi otot progresif.

**Kata Kunci:** Hemodialisis, kram otot, relaksasi otot progresif

## **ABSTRACT**

Hemodialysis is a very significant general medical problem, in addition to the very high cost of treatment and therapy. Progressive muscle relaxation is a non-pharmacological treatment based on the principle that muscle tension is the human body's physiological response to intrusive thoughts. Muscle cramps are contractions experienced by a group of muscles continuously causing pain, muscle cramps are caused by muscle contractions and sometimes paralyze muscles, cramps usually occur in patients with cirrhosis and who are undergoing hemodialysis. This study aims to determine the effect of progressive muscle relaxation on the reduction of muscle cramps in hemodialysis patients. This type of research uses a quantitative method with a quasi-experimental design through a one group pre-test post-test design approach. The population is all respondents of hemodialysis patients who experience muscle cramps. The sampling technique used is saturated sampling, so the sample is 33 people. Bivariate analysis using Wilcoxon test. The results showed that the majority were aged 58-63 years, male. The results of the data before the intervention were the majority of severe cramps. After the intervention the majority of mild cramps. Based on the effect of progressive muscle relaxation on reducing muscle cramps in hemodialysis patients, the value of sig (2-tailed) is 0.00, which means there is a difference in pain before and after progressive muscle relaxation therapy.

**Keywords: Hemodialysis, muscle cramps, progressive muscle relaxation**