

ABSTRACT

Ferry Setiadarma, S.Psi. "The Application of Intervention Progressive Relaxation to Overcome Anxiety in Elderly at Nursing Home Cengkareng"

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An elderly is anxious when there is a possibility that she will be placed in nursing home. Being rudely treated and taken from a family's care, who was felt by a elderly in nursing home has caused her more psychological problems. An elderly who was left and neglected by her children will feel anxious. Progressive relaxation is the therapeutic methods that could reduce anxiety and can make elderly feel relax, and calm in daily life at nursing home. The subjects of this research were three elderly women (aged above 60 years old) who lived in nursing home Cengkareng, West Jakarta. Progressive relaxation was conducted in 14 sessions and 2 evaluations. The result concludes that progressive relaxation decreases anxiety in elderly at nursing home.

Keywords: Progressive relaxation, anxiety, elderly in nursing home.