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Bandung, June 2022
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**PROGRESSIVE MUSCLE RELAXATION MEASURES TO REDUCE
ANXIETY IN CHRONIC KIDNEY FAILURE PATIENTS
PRE HEMODIALIZATION CIBABAT HOSPITAL
CIMAHI CITY 2022
ABSTRACT**

xvi, 149 Pages., 5 Chapters, 2 Charts, 9 Tables, 9 Appendices

This case study is motivated by the increasing incidence of chronic kidney disease in Indonesia. The incidence of chronic kidney failure in Cibabat Hospital is quite high, namely in 2020 there were 2 new patients added and it increased in 2021 to 354 patients. Not a few of chronic kidney failure patients undergoing hemodialysis experience psychological problems such as anxiety (Wakhid *et al.*, 2018; Sumah, 2020;). One of the interventions that can be done to reduce anxiety is progressive muscle relaxation therapy combined with breathing techniques that allow to achieve a much calmer state and reduce anxiety levels. **The purpose** of this case study is to determine the action of progressive muscle relaxation in reducing the anxiety level of patients with chronic kidney failure. **method** is a descriptive method with a case study approach and uses the HARS (*Hamilton Rating Scale For Anxiety*) questionnaire as a measuring tool to determine the level of anxiety. **The results** of this case study indicate that there is a change in the level of anxiety from moderate anxiety to mild anxiety in subject I and subject II for 4 meetings. **The conclusion** of this case study is that there is a decrease in the level of anxiety in patients before and after the intervention. It is recommended for nurses to apply progressive muscle relaxation therapy in additional management before hemodialysis therapy for patients who experience anxiety.

Keywords : Chronic kidney failure, Hemodialysis, Anxiety, Progressive muscle relaxation,

Bibliography: 46 (2013-2021)