



LEMBAR PENGESAHAN

Judul : Penerapan Teknik Relaksasi Otot Progresif Terhadap
Stres Caregiver Di Keluarga Pasien Skizofrenia

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ABSTRACT

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The Implementation of Progressive Muscle Relaxation Techniques to Recude Stress among Caregiver in Families with Schizophrenia Patients

Caregivers of people with schizophrenia often experience increased stress, which can lead to depression due to the demands and challenges of providing care. Progressive muscle relaxation is one way to deal with stress. This study aims to describe the effectiveness of progressive muscle relaxation therapy in reducing stress in caregivers. This study uses a case study design to assess the level of stress before and after progressive muscle relaxation therapy. The case study involved 2 caregivers who were experiencing stress. The intervention consisted of progressive muscle relaxation therapy, administered once a day for 30 minutes, over a total of 3 sessions. The stress levels were measured using the DASS-42 questionnaire, which includes 14 items specifically for assessing stress. The intervention resulted in a notable reduction in stress scores, with Caregiver 1's score decreasing from 29 (moderate stress) to 1 (normal) and Caregiver 2's score declining from 33 (severe stress) to 7 (normal) by the third day. The conclusion of this case study is that progressive muscle relaxation therapy effectively reduces stress levels in caregivers of individuals with schizophrenia. It is recommended that nursing staff implement progressive muscle relaxation therapy to help reduce stress among caregivers of individuals with schizophrenia.

Keywords: *Stress, Caregiver, Schizophrenia, Progressive Muscle Relaxation*