

**PENERAPAN LATIHAN RELAKSASI OTOT PROGRESIF
UNTUK MENINGKATKAN KUALITAS TIDUR REMAJA PECANDU
GAME ONLINE**

Dian Istiana¹, Dewi Nur Sukma Purqoti^{2*}

^{1,2} Institut Kesehatan Yarsi Mataram

Article Info	ABSTRAK
<p>Article History: Received 06/03/2025 Revised - Accepted 18/03/2025</p> <hr/> <p>Keywords: Online Games Progressive Muscle Relaxation Exercises Sleep Quality Teenagers</p>	<p>Pada era digital ini, penggunaan game online telah menjadi bagian yang tidak terpisahkan dari kehidupan remaja. Fenomena kecanduan game online semakin meningkat, terutama di kalangan remaja, yang dapat berdampak negatif terhadap berbagai aspek kehidupan mereka, termasuk kualitas tidur. Tujuan: Tujuan dari penelitian ini untuk mengetahui pengaruh latihan relaksasi otot progresif untuk meningkatkan kualitas tidur remaja pecandu <i>game online</i> di dusun pohdana gerung kabupaten lombok barat. Metode: penelitian ini menggunakan desain <i>Pra-Eksperimen</i> dengan metode pendekatan <i>One Group Pre post test</i>, teknik <i>sampling</i> menggunakan purposive sampling, jumlah sampel sebanyak 16 orang. Hasil: Rata-rata responden berusia 15-18 tahun, mayoritas Laki-laki (100%), kualitas tidur sebelum intervensi terbanyak dalam kategori sedang (43,8%), kualitas tidur setelah intervensi terbanyak dalam kategori baik (87,5%), hasil uji statistik wilcoxon diperoleh signifikan 0,000 ($p < 0,05$). Kesimpulan: Terdapat pengaruh pemberian relaksasi otot progresif terhadap kualitas tidur pada remaja pecandu <i>game online</i> di dusun pohdana gerung kabupaten lombok barat.</p> <p>ABSTRACT</p> <p><i>In this digital era, the use of online games has become an inseparable part of the lives of teenagers. The phenomenon of online gaming addiction is on the rise, especially among teenagers, which can negatively impact various aspects of their lives, including sleep quality. Objective: The purpose of this study is to determine the effect of progressive muscle relaxation exercises on improving the sleep quality of adolescents addicted to online games in Pohdana Gerung hamlet, West Lombok Regency. Methods: this study used a Pre-Experiment design with the One Group Pre post test approach, sampling technique using purposive sampling, the number of samples was 16 people. Results: The average respondents were 15-18 years old, the majority were male (100%), the most pre-intervention sleep quality was in the moderate category (43.8%), the most post-intervention sleep quality was in the good category (87.5%), and the results of the Wilcoxon statistical test were obtained a significant 0.000 ($p < 0.05$). Conclusion: There is an effect of providing progressive muscle relaxation on sleep quality in adolescents addicted to online games in Pohdana Gerung hamlet, West Lombok Regency.</i></p>
<hr/> <p>*Corresponding Author: purqotidewi87@gmail.com</p>	