

The Effect Of Progressive Muscle Relaxation Therapy On Reducing The Stress Level Of Inmates In Class II B Kudus Detention Center

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ABSTRACT

The number of inmates in the detention center has increased, resulting in increased levels of stress on inmates namely mild stress levels (11.1%) and moderate stress (33.3%) in 2015. All the pressure that occurs on prisoners in prison will result in mental and physical illness and prolonged stress will result in mental disorders such as depression, anxiety and even psychotic disorders. Stress management is used to overcome and reduce stress levels. Progressive muscle therapy is a therapeutic that is superior to other therapies because it is the cheapest and it's easy to do independently and shows the importance of restraining stress responses by trying to relieve conscious muscle tension. The design of this study used a pre -experimental design with a design of one group pre test - post test design. The population in this study were criminals in the Prison of Class II B Kudus. The sampling technique uses total sampling so that the sample size is 13 respondents. Data was collected using observation of stress levels and then analyzed using paired T test. The result of the paired T test showed that there was a significant effect between progressive muscle relaxation therapy on the reduction of stress levels in criminals in the Prison Class II B Kudus with a p-value of 0,001 ($p < 0.05$). There is the Effect of Progressive Muscle Relaxation Therapy on Decreasing Stress Levels of criminal in Prison Class II B Kudus.

Keywords: *Progressive Muscle Relaxation Therapy, criminal, stress level*

BACKGROUND

The phenomenon of a significant increase in stress levels occurs worldwide in prisoners and is proven according to James and Glaze, 2006, saying that prisoners in prisons who experience mental disorders increase from year to year. In the United States prisons recorded almost 73% of mental disorders that occur in prisoners. Imprisonment of prisoners will cause serious inner conflicts, because they experience mental disorders caused by restricted space and isolation in prison can cause stress in prisoners (James & Glaze, 2006). Most people who are sentenced to prison tend to feel ostracized and condemned by the outside community. Prisoners are generally mentally unprepared to deal with the realities of prison, which are perpetrated by their fellow inmates. In addition, there will be feelings of sadness in prisoners after receiving punishment as well as a sense of regret for the actions that have been done and the mistakes that have been made and there will even be feelings of self-hatred and psychological pressure that occurs can worsen the stress state of prisoners (Kartono K, 2005).

According to the directorate general of prisons in 2016 there is a record that the number of prisoners has increased. Based on research conducted by (Wijaya in 2015) said that in Indonesia, especially in class II-A Jember prison, the results showed an increase in stress in

prisoners, namely the level of mild stress 11.1% and moderate stress 33.3%. Stress occurs more in prisoners but more specifically occurs in a prisoner, because a new prisoner adapts to the prison environment. All the pressure that occurs in prisoners in prison will result in mental and physical illness and prolonged stress will result in mental disorders such as depression, anxiety and even psychotic disorders (Handayani, 2010).

Stress is a fact of human life, but the way some people deal with it and determine their ability to cope with stress by reacting differently depends on various psychological factors of the individual (Nevid, Rathus & Greene, 2002). Providing progressive muscle therapy exercises is one way of stress management by tensing and relaxing the muscles. The benefits of doing this therapy are reducing muscle tension, stress, lowering blood pressure (Smeltzer & Bare, 2002). The recommended time to be able to perform progressive muscle therapy so as to cause maximum effect is one to two times 15 minutes per day (Mashudi, 2011). Efforts that can be made are such as promotive, preventive, curative and rehabilitative efforts. A rational, directed and effective effort is progressive muscle therapy stress management which aims to reduce stress levels and improve mental health. One of the stress management that can be used to reduce stress levels is by using one of the non-pharmacological methods and included in complementary therapy is to use progressive muscle relaxation therapy which is included in physical strategies (Rochdiat, 2010).

In Kudus Regency there is one prison, namely the Class II B Kudus Detention Center which contains 192 inmates, consisting of 187 men and 5 women. Based on preliminary studies obtained by interviews conducted on February 13, 2019 with 5 prisoners who have different case backgrounds, it shows that there is 1 prisoner in the level of severe stress, 2 prisoners in the level of moderate stress and 2 prisoners in the level of mild stress. Based on the results of the description of the background of the problem above, in this study the authors are interested in taking the title "The Effect of Progressive Muscle Relaxation Therapy on Reducing Stress Levels in Prisoners in Class II B Kudus Detention Center".

RESEARCH METHODS

This research design uses a *pre-experimental* design with a *one group pre test - post test design*. This research was conducted at the Class II B Kudus Detention Center on May 6 - June 6, 2019. The population in this study were prisoners in Class II B Kudus Detention Center. The sampling technique uses *total sampling* so that the sample size is 13 respondents. Data were collected using observation of stress levels using the DASS 42 questionnaire then

analyzed bivaritusing the *paired T test*.

Results

1. Respondent Characteristics

a. Education

Table 1. Distribution of Respondents Based on Education In Class II B Kudus Detention Center

Variables	Frequencies	Percentage (%)
Not in School	1	7,7
SD	3	23,1
SMP	4	30,8
HIGH SCHOOL	5	38,5
Total	13	100

Based on table 1 above, it shows that most of the respondents' education is high school as many as 5 people (38.5%) and the lowest education of respondents is not school as many as 1 person (7.7%).

b. Jobs

Table 2. Distribution of Respondents Based on Occupation In Class II B Kudus Detention Center

Variables	Frequencies	Percentage (%)
Self-employed	7	53,8
Labor	6	46,2
Total	13	100

Based on table 2 above shows that most of the respondents' jobs are self-employed as many as 7 people (53.8%) and the lowest respondent's job is laborer 6 people (46.2%).

2. Univariate Analysis

a. Average stress level before progressive muscle relaxation therapy on inmates in Class II B Kudus Detention Center.

Table 3. Average Stress Level Before Progressive Muscle Relaxation Therapy in Class II B Kudus Detention Center

Variables	Frequencies	Percentage (%)
No Stress	0	0
Mild Stress	4	30,8
Moderate Stress	1	7,7
Severe Stress	8	61,6
Total	13	100

Based on table 3 above shows that most of the stress levels before progressive muscle relaxation therapy respondents were severe stress as many as 8 people (61.6%) and the lowest stress level before progressive muscle relaxation therapy respondents were moderate stress 1 person (7.7%).

- b. Average stress level after progressive muscle relaxation therapy on inmates in Class II B Kudus Detention Center.

Table 4
Average Stress Level After Progressive Muscle Relaxation Therapy in Class II B Kudus Detention Center

Variables	Frequencies	Percentage (%)
No Stress	6	46,2
Mild Stress	1	7,7
Moderate Stress	3	23,1
Severe Stress	3	23,1
Total	13	100

Based on table 4 above shows that most of the stress levels after progressive muscle relaxation therapy respondents are not stressed as many as 6 people (46.2%) and the lowest level of stress after progressive muscle relaxation therapy respondents mild stress as many as 1 person (7.7%).

3. Bivariate Analysis Normality Test

Table 5

Shapiro Wilk Normality Test of Pre Test and Post Test Stress Levels of Intervention Group Prisoners in Class II B Kudus Detention Center (n: 13) May 2019

	Variables	Pretest (<i>p-value</i>)
	Posttest (<i>p-value</i>)	
Stress Level		
<u>Intervention Group</u>	0.153	0.355

Based on table 5 the results of the analysis above show that all variables have a normal distribution because the *p value* $\geq (0.05)$.

- d. The effect of progressive muscle relaxation therapy on reducing inmate stress in Class II B Kudus Detention Center.

Table 6

Results Analysis of the Effect of Progressive Muscle Relaxation Therapy on Reducing Stress Levels of Prisoners in Class II B Kudus Detention Center (n: 13) May, 2019

Variables	Mean	SD	<i>P-Value</i>	N
Pretest Stress	35,85	18,876	0,001	13
Level				
Posttest	15,69	9,853		
<u>Stress Level</u>				

Based on table 4.6 the results of the analysis above show that the average stress level before progressive muscle relaxation therapy is 35.85 with a standard deviation of 18.876. The results of the average stress level after progressive muscle relaxation therapy in the intervention group obtained the lowest result was mild stress 1 respondent (7.7%) while the highest value was not stressed 6 respondents (46.2%).

Based on the results of the *paired t test*, the *p-value* of the stress level is 0.001 ($p < 0.05$),

it is stated that there is an effect of Progressive Muscle Relaxation Therapy on reducing the stress level of prisoners in Class II B Kudus Detention Center.

DISCUSSION

Univariate Analysis

a. Average Stress Level Before Progressive Muscle Relaxation Therapy in the Experimental Group

Based on the results of research conducted on 13 experimental group respondents, it was found that before progressive muscle relaxation therapy was performed, the average stress level was 35.85 including severe stress levels. The level of stress in the intervention group of 13 respondents mostly experienced severe stress as many as 8 respondents (61.6%), mild stress 4 respondents (30.8%), and moderate stress 1 respondent (7.7%). From the results of the analysis that affects the occurrence of stress is physical, psychological, emotional, and mental tension, which is experienced by these respondents which can affect stress levels. Based on the results of the analysis of the distribution of respondents according to occupation, it is explained that the majority of respondents who affect stress levels are self-employed as many as 7 people (53.8%).

b. Average Stress Level after Progressive Muscle Relaxation Therapy in the Experimental Group.

Based on the results of research conducted on 13 experimental group respondents, it was found that after progressive muscle relaxation therapy, most of them were not stressed as many as 6 respondents (46.2%), moderate stress as many as 3 respondents (23.1%), severe stress as many as 3 respondents (23.1%), and mild stress as many as 1 respondent (7.7%).

Effect of Stress Level Before and After Progressive Muscle Relaxation Therapy in the Experimental Group

The results of the statistical test analysis in the experimental group using the *paired t test* obtained a stress level *p-value* of 0.001 ($p < 0.05$), so it was stated that there was a significant influence between stress levels before and after progressive muscle relaxation therapy. In other words, it can be interpreted that H_0 is rejected and H_a is accepted where, there is a significant influence between progressive muscle relaxation therapy on reducing

stress levels in the experimental group. Based on the results of the research and the theory above, the researcher argues that when doing progressive muscle relaxation therapy the body will become relaxed. Although progressive muscle relaxation therapy is able to reduce stress levels, this therapy should not be used for primary therapy but also other therapies.

CONCLUSION

Based on the results of research conducted on the Effect of Progressive Muscle Relaxation Therapy on Reducing Stress Levels in Prisoners in Class II B Kudus Detention Center, it was obtained:

1. Before being carried out progressive muscle relaxation therapy to reduce stress levels in prisoners in Class II B Kudus Detention Center. The average stress level in the experimental group was 35.85 including severe stress levels.
2. After conducting progressive muscle relaxation therapy to reduce stress levels in prisoners in Class II B Kudus Detention Center. The average stress level of the experimental group is 15.69 including mild stress levels.
3. The results of the *Paired T* test statistical test show that the intervention group has a *p-value* of $0.001 < (0.05)$, which means that there is an effect of Progressive Muscle Relaxation Therapy on reducing the stress level of prisoners in Class II B Kudus Detention Center.

Suggestion

For other researchers Given the limitations of the research that has been done, it is hoped that other researchers will provide other therapeutic exercises in reducing stress levels.

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