

**EFFECTIVENESS OF GUIDED IMAGERY AND VIRTUAL REALITY
(VR) RELAXATION THERAPY ON SLEEP QUALITY IN
POSTOPERATIVE PATIENTS IN THE DAHLIA WARD, MARDI
WALUYO REGIONAL HOSPITAL BLITAR**

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ABSTRACT

Prolonged sleep deprivation can lead to the worsening of other medical conditions and disrupt the healing process, as sleep plays a crucial role in regenerating damaged body cells. One of the efforts to address sleep disturbances is the use of non-pharmacological therapies, such as Guided Imagery and Virtual Reality therapy. The aim of this study was to determine the effectiveness of guided imagery and virtual reality on the sleep quality of post-operative patients. This research employed a true experimental design using the Solomon four-group design. The sampling technique used was probability sampling with the simple random sampling method, involving a total of 120 respondents. Data were analyzed using SPSS with Wilcoxon, Mann-Whitney, and Two-Way ANOVA tests. The Two-Way ANOVA results showed no statistically significant difference between the three treatment groups in improving the sleep quality of post-operative patients ($p = 0.165$). However, analysis of Estimated Marginal Means revealed that the Virtual Reality group had the greatest improvement in sleep quality scores ($\Delta = 5.000$), followed by Guided Imagery ($\Delta = 4.975$), and the control group ($\Delta = 4.250$). Although not statistically significant, these findings suggest a trend indicating that Virtual Reality demonstrates the highest descriptive effectiveness. This study provides evidence that non-pharmacological relaxation therapies such as guided imagery and virtual reality can serve as effective complementary methods to improve sleep quality in post-operative patients. For future researchers, it is recommended to expand and extend the duration of the intervention and to examine a combination of both therapies to obtain more comprehensive and applicable results.

Keywords: Guided Imagery Therapy, Virtual Reality, Sleep Quality, Postoperative