

***THE DIFFERENCE IN THE EFFECTIVENESS OF DEEP RELAXATION  
WITH JAVANESE MUSIC THERAPY OVER THE QUALITY OF SLEEP  
OVER HYPERTENSION***

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**ABSTRACT**

Sleep disorders that occur in old age affect the quality of sleep of the elderly, there is non-pharmacological therapy that can be used to improve the quality of sleep, one of which is deep breath relaxation and Javanese music therapy. The purpose of this study is to know the differences in sleep quality before and after deep relaxation and Javanese stem therapies with hypertension. The research method used is the quantitative method with research design quasi tests design design with the pre test and post test with non-sample group non-sampling sampling samples with a total sampling of 38 respondents divided into 2 units - the deep breath relaxing groups (19 respondents) and the Javanese alternative music therapy (19 respondents). Data analysis use independent t-test with an  $\alpha = 0.05$  meaningful value  $p < 0.05$  Results show a significant difference in sleep quality following the deep relaxation therapy and javan intered music therapy with both sig 2 tailed = 0,000. Deep relaxation is more effective in improving the quality of sleep for the elderly than Javanese langgam music therapy.

**Keywords:** *deep breathing relaxation, Javanese langgam music therapy, sleep quality*