THE APLICATION OF GUIDED IMAGERY IN COMBINATION WITH MURROTTAL THERAPY TO REDUCE INSOMNIA IN THE ELDERLY

Azzahra Nur Hanifah[1], Didik Iman Margatot [2]
azzahranurhanifah124@gmail.com
Diploma III Nursing Program
Faculty of Health Sciences
'Aisyiyah Surakarta University

ABSTRACT

Background: *Insomnia is commonly experienced by older adults due to the aging process, which causes physiological and psychological changes that impair sleep quality and daily activities. Nonpharmacological management is necessary because it is safer and has minimal side effects. One such intervention is guided imagery combined with murotal therapy to provide psychological and spiritual relaxation.* ***Objective:*** *To describe the application of guided imagery combined with murotal therapy to reduce insomnia in older adults.* ***Methods:*** *A descriptive design using a case study approach based on evidence-based nursing practice was conducted on two older adults with insomnia. The Insomnia Rating Scale (IRS) was used for measurement.* ***Results:*** *There was a decrease in IRS scores for both participants, from 29 to 17 for the first participant and from 33 to 19 for the second participant.* ***Conclusion:*** *The application of guided imagery combined with murotal therapy can reduce the severity of insomnia in the elderly and has the potential to serve as a nonpharmacological nursing intervention to improve sleep quality.*

Keywords*: guided imagery, murotal therapy, insomnia.*