THE APPLICATION OF PROGRESSIVE MUSCLE RELAXATION TO REDUCE ANXIETY IN INTERNET-ADDICTED ADOLESCENTS

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ABSTRACT

Background: *Excessive daily internet usage among adolescents (6–8 hours) often triggers maladaptive anxiety. This internet dependency manifests as restlessness, Fear of Missing Out (FoMO), muscle tension, and sleep disturbances. Progressive Muscle Relaxation (PMR) therapy serves as an effective non-pharmacological intervention to induce tranquility.* ***Objective:*** *To analyze the implementation of PMR therapy in reducing anxiety levels among internet-addicted adolescents.* ***Methods:*** *This study employed a qualitative case study design involving two 11th-grade respondents (Ms. S and Ms. SA) at SMA Muhammadiyah 2 Gemolong who exhibited moderate anxiety. The Hamilton Anxiety Rating Scale (HARS) was utilized as the measurement tool. The PMR intervention was administered for 15–20 minutes over 3 consecutive days in May 2026.* ***Results:*** *Pre-test scores indicated moderate anxiety, with scores of 26 for Ms. S and 23 for Ms. SA. Post-test evaluations revealed a consistent decline into the mild anxiety category, with final scores dropping to 17 for Ms. S (a 9-point decrease) and 15 for Ms. SA (an 8-point decrease). Furthermore, respondents reported physical relief, improved concentration, and better sleep quality.* ***Conclusion:*** *PMR therapy is highly effective in alleviating somatic complaints and reducing anxiety levels from moderate to mild in internet-addicted adolescents.*

Keywords: *Progressive Muscle Relaxation, Anxiety, Adolescent, Internet Addiction, HARS*