THE EFFECT OF ACUPRESSURE THERAPY AT POINTS HT 7, PC 6, AND GV 20 ON SLEEP QUALITY AMONG MENOPAUSAL WOMEN AT SENJA BAHAGIA 2 ELDERLY POSYANDU, KARNOSARI VILLAGE, SUKOHARJO

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ABSTRACT

Background: *The menopausal phase is characterized by a decrease in estrogen hormones, which leads to lower serotonin levels, thereby triggering sleep quality disturbances in menopausal women. Acupressure therapy at the HT 7 (Shenmen), PC 6 (Neiguan), and GV 20 (Baihui) points serves as a safe non-pharmacological alternative to stimulate relaxation hormones and improve sleep quality.* ***Objective:*** *To determine the effect of acupressure therapy at points HT 7, PC 6, and GV 20 on sleep quality among menopausal women at the Senja Bahagia 2 Elderly Posyandu, Karnosari Village, Sukoharjo.* ***Methods:*** *This study used a Pre-Experimental method with a One Group Pretest-Posttest Design. The sample consisted of 24 menopausal women respondents selected using a quota sampling technique. The intervention of acupressure therapy was administered 3 times a week for 2 weeks, lasting 15 minutes per session. Sleep quality was measured using the Pittsburgh Sleep Quality Index (PSQI) questionnaire. Data analysis was performed using the Wilcoxon signed-rank test.* ***Results:*** *Before receiving acupressure therapy, all 24 respondents (100%) had poor sleep quality (median score of 14.00). Following the intervention, the majority of respondents 21 menopausal (87.5%) showed an improvement in sleep quality, moving into the good category (median score of 4.00). The Wilcoxon test results yielded a p-value of 0.001 ($p < 0.05$).* ***Conclusion:*** *There is a significant effect of acupressure therapy at points HT 7, PC 6, and GV 20 on improving the sleep quality of menopausal women at the Senja Bahagia 2 Elderly Posyandu, Karnosari Village, Sukoharjo.*

Keywords: *Acupressure, Sleep Quality, Menopausal Women.*