

## *Abstract*

*Operation is in one of the medical action that needs mental and physical preparation. Medical action could cause physiology interference that is worries. Base on preliminary data, there are many patient get big worries before operation does. One of the interventions to reduce worries pre operation is progressive muscle relaxation. This research is aim to identify the different rates worry level before and after doing the progressive muscle relaxation to the patient pre operation in Santa Elisabeth Hospital Medan 2018. The population in this research is the entire patient in pre operation. Total sample is about 15 despondences; the technique of collecting data is using purposive sampling. The research design is using Quasy Experimental by One Group Pre Test Post Test without Control Group Design. Research Instrument is using questioner Amsterdam Pre Operative Anxiety And Information Scale (APAIS). The Data Analysis that applied is using paired t-test. The result of this research is about pre test 16,27 and post test 18,40 the significancy value p value = 0,000 that state there is correlation between progressive muscle relaxation to worries level in pre operation in Brawijaya University hospital 2023. The conclusion of this progressive muscle relaxation research is there is correlation between reduce worry to pre patient operation. Nurse is expected to do progressive muscle relaxation as one of intervention nursing to reduce worry to pre operation patient.*

*Key words: progressive muscle relaxation, worries level, pre operation*