

Peningkatan kualitas tidur lansia wanita melalui kerutinan melakukan senam lansia

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Abstrak

Kualitas tidur semakin berkurang seiring dengan bertambahnya usia manusia. Latihan fisik berupa senam lansia menjadi salah satu cara untuk meningkatkan kualitas tidur pada lansia. Penelitian ini bertujuan mengetahui hubungan antara kerutinan mengikuti senam lansia dan kualitas tidur pada lansia wanita. Desain penelitian ini adalah analitik komparatif dengan pendekatan cross sectional, melibatkan 98 lansia wanita yang mengikuti senam lansia di wilayah Kelurahan Depok Jaya, Depok yang dipilih dengan teknik cluster sampling pada komunitas senam lansia. Kerutinan dalam mengikuti senam lansia diukur dengan daftar hadir senam lansia dan kualitas tidur diukur dengan Pittsburgh Sleep Quality Index (PSQI). Data dianalisis dengan uji t “independen. Hasil penelitian menunjukkan ada perbedaan skor PSQI lansia wanita yang rutin mengikuti senam dengan yang tidak sebesar 2,11 ($p < 0,001$). Penelitian ini merekomendasikan kepada praktisi kesehatan untuk melakukan advokasi ke posbindu yang belum menerapkan kegiatan senam lansia pada wilayahnya dan mendorong para lansia untuk mengikuti senam lansia secara rutin.

.....Quality of sleep decreases along with the increase of the age of a person. Exercise is one of the ways to increase sleep quality among elderly. The purpose of this study was to examine the relationships between elderly exercise routines and sleep quality among elderly women. The design of this research was Analytic Comparative with Cross Sectional approach. The research involved 98 elderly women that undertook elderly exercise at the administrative village of Depok Jaya, Depok. The respondents were selected with cluster sampling technique in the community of elderly exercise. The routine of elderly exercise was measured by the attendance list and the sleep quality was measured by Pittsburgh Sleep Quality Index (PSQI). The data were analyzed by t- independent. The results showed there is a difference in PSQI scores between elderly women who undertook routine elderly exercise and non-routine for about 2,11 ($p < 0,001$). This research recommends the health practitioner to provide advocacy at posbindu, particularly those that has not implemented elderly exercise and to encourage the elderly to undertook routine elderly exercise.