Gymnastics Elderly And Relations Order Fulfillment Needs Sleep In Elderly At UPT PSLU Pasuruan At Babat Lamongan

Abstrak :

Introduction: Sleep is a basic phenomenon essential for life, approximately one third of human life is run by sleeping. Previous indications that overall health is closely related to the fulfillment of sleep. The study aims to analyze the relationship of quality of sleep add regularity of the gymnastics senior sand elderly sleep needs. Method: This study design used Cross Sectional kind of research that emphasizes measurement time/observation. Population was elderly seniors who followed gymnastics at UPT PSLU Pasuruan at Babat Lamongan, samples comprised recruited by purposive sampling 30 seniors. This research instrument used attendance list and questionnaire. Independent variable in this study was the the regularity of the gymnastics elderly. Dependent variable in this study was the fulfillment of the need of sleep quantity and quality Result and Analysis: The results showed that elderly people doing exercise regularly can improve sleep needs. Based on the analysis of spearman rank correlation rho in getting the p-value of 0.000 $\lt; \alpha =0.05$ mean There is a relationship with the elderly Gymnastics Order Fulfillment Needs Sleep in the Elderly UPT PSLU Pasuruan at Babat Lamongan. Discussion and Recommendation: It can be concluded that the elderly doing exercise regularly can improve sleep needs of the elderly. Studies to further improve health promotion programs, especially the elderly exercisers.

Keyword :

Daftar Pustaka :

Amir, N Gangguan Tidur pada Lanjut Usia Diagnosis dan Penatalaksanaan Cermin Dunia Kedokteran 2007 Jakarta