

ABSTRAK

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PENGARUH SENAM TERHADAP TINGKAT INSOMNIA PADA WANITA LANSIA

vi + 55 Halaman + 8 Tabel + 5 Lampiran

Insomnia tergolong sebagai satu dari sekian gangguan kesehatan yang umumnya menyerang lansia dan berdampak pada kualitas hidup. Bentuk intervensi nonfarmakologis yang dapat membantu mengatasi insomnia berupa senam lansia, yang bermanfaat dalam meningkatkan kebugaran dan relaksasi.

Penelitian ini memiliki tujuan guna mengetahui pengaruh senam terhadap tingkat insomnia pada wanita lansia di Desa Sooko Kecamatan Sooko Kabupaten Mojokerto.

Penelitian ini menggunakan desain pra-eksperimen dengan pendekatan *one group pretest-posttest*. Sampel sebanyak 82 responden yang mengalami insomnia diambil secara *purposive sampling*. Data dikumpulkan menggunakan kuesioner *Insomnia Severity Index* (ISI) sebelum dan sesudah intervensi senam yang dilaksanakan selama 2 kali dalam seminggu dalam kurun waktu 2 minggu. Analisis data menggunakan uji *paired t-test*.

Hasil menunjukkan penurunan tingkat insomnia setelah intervensi senam. Hasil uji *sample paired t-test* menunjukkan nilai $p = 0,001$ ($p < 0,05$), yang memiliki arti bahwa terdapat pengaruh signifikan senam terhadap tingkat insomnia pada wanita lansia.

Senam lansia terbukti berpengaruh untuk menekan tingkat insomnia pada wanita lansia di Desa Sooko. Disarankan agar senam lansia dilakukan secara rutin sebagai upaya memperbaiki kualitas tidur.

Kata kunci : Senam, Insomnia, Wanita Lansia

Daftar bacaan : 26 buku, jurnal, dll. (2015-2024)

ABSTRACT

Utiya Dwi Wijayanti

THE EFFECT OF GYMNASTICS ON INSOMNIA RATES IN ELDERLY WOMEN

vii + 55 Pages + 8 Tables + 5 Appendices

Insomnia is classified as one of the many health disorders that generally affect the elderly and have an impact on quality of life. A form of nonpharmacological intervention that can help overcome insomnia is in the form of gymnastics for the elderly, which is beneficial in improving fitness and relaxation.

This study aims to determine the effect of gymnastics on the level of insomnia in elderly women in Sooko Village, Sooko District, Mojokerto Regency.

This study uses a pre-experimental design with a one group pretest-posttest approach. A sample of 82 respondents who experienced insomnia was taken by purposive sampling. Data were collected using an Insomnia Severity Index (ISI) questionnaire before and after the gymnastics intervention which was carried out 2 times a week for a period of 2 weeks. Data analysis was conducted using a paired t-test.

Results showed a decrease in insomnia rates after the gymnastics intervention. The results of the sample paired t-test showed a value of $p = 0.001$ ($p < 0.05$), which means that there is a significant influence of gymnastics on the level of insomnia in elderly women.

Elderly gymnastics has been proven to be effective in suppressing the level of insomnia in elderly women in Sooko Village. It is recommended that elderly gymnastics be carried out regularly as an effort to improve sleep quality.

Keywords : Exercise, Insomnia, Elderly Women

References : 26 books, journals, etc. (2015-2024)