

**UNIVERSITAS ESA UNGGUL
FAKULTAS ILMU-ILMU KESEHATAN
PROGRAM STUDI ILMU KEPERAWATAN
THESIS, FEBRUARY 2015.**

WORO HANDAYANI
2011-33-019

**“EFFECT OF SENAM AYUNAN TANGAN TO INSOMNIA IN THE
ELDERLY AT DESA KADU JAYA”**

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ABSTRACT

Background: Insomnia is a sleep disorder that is often found in the elderly. Survey conducted by the National Institute of Health in the United states that in 1970, the total population with insomnia 17% of the population, a higher percentage of patients with insomnia experienced by the elderly, where 1 of 4 at the age of 60 years experienced serious difficulty sleeping (Chopra , 1994 in Purwanto, 2007). The prevalence of sleep disorders in the elderly is high at around 67% with sleep disorders most frequently encountered ie insomnia (Amir, 2007). One treatment of insomnia is the sleep hygiene, which is a hand swing gymnastics class of sleep hygiene.

Objective: This study aimed to identify the effects before and after senam ayunan tangan for insomnia in the elderly in desa Kadu Jaya.

Methods: The sample used is the elderly in the desa Kadu Jaya Rt 01/02 of 32 respondents using saturated sample. The method used is a pre-experimental, pre-test, post-test, without a control group

Result: The majority of respondents have a lifespan of 60 years (34.4%), 22 elderly people do not do physical activity like exercise at least once a week or as much as 68.8% in percentage terms. Results of paired t-test statistical test average prior to senam ayunan tangan is at a value of 1.47 and after senam ayunan tangan 1.16 with $p = 0.001$ ($p < 0.005$)

Conclusion: It is suggested villages and Puskesmas cooperate to hold POSBINDU for the elderly in the desa Kadu Jaya and also conduct examinations and health activities for the elderly. One of the activities of physical activity that can be done is senam ayunan tangan.

Keywords: Senam Ayunan Tangan, Insomnia, Elderly.

Bibliography: 51 (1995-2013)