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**“RELATIONSHIP ANXIETY TO OCCURRENCE OF INSOMNIA IN
ELDERLY IN RW.01 VILLAGE NORTH KEMBANGAN DISTRICTS
KEMBANGAN WEST JAKARTA”**

xii + 7 + 69 pages + 8 table + 2 scheme + 6 Attachment

ABSTRACT

Fear experienced by elderly that cannot be overcome would affect sleep patterns elderly that causes insomnia. This study aims to identify relations anxiety to occurrence of insomnia in elderly. Sample 60 elderly to technique stratified random sampling. Result of the study were mostly elderly 60-69 year old (43,3%), the female sex (63,3%), primary school (43,3 %), the work of a housewife (58,3%), anxiety (55,0 %), experienced insomnia (60,0 %). The results tests chi square there was a correlation anxiety to events insomnia in elderly with the p value = 0,003 ($p < 0,05$). Advised for elderly to put up by following positive activities like a gym, recreation, in the religious and an association of elderly in the community as a way to reduce anxiety that can cause the insomnia.

Keywords: Anxiety, insomnia, elderly
Bibliography: 30 (2006-2014)