

CHAPTER VI

CONCLUSION AND SUGGESTIONS

6.1 Conclusion

The results of the implementation of nursing care for Mrs. Y with sleep pattern disorders showed several important findings which can be formulated into the following conclusions:

1. Assessment

The assessment of Mrs. Y indicated a nursing problem related to sleep pattern disturbance. The client complained of difficulty falling asleep for the past two months, frequent nighttime awakenings, dissatisfaction with the quality of her sleep, a shift in sleep patterns to later nights, and feeling less refreshed upon waking. The Pittsburgh Sleep Quality Index (PSQI) assessment showed a score of 13, indicating poor sleep quality.

2. Nursing Diagnosis

The nursing diagnosis established for the client is Sleep Pattern Disorder related to lack of sleep control, characterized by the client stating that it is difficult to fall asleep for the past two months, frequently waking up at night and having difficulty falling back to sleep, dissatisfaction with the quality of his sleep, changing sleep patterns to become later at night, and insufficient rest so that when he wakes up in the morning the body still feels tired and less refreshed. The measurement results using the Pittsburgh Sleep Quality Index (PSQI) showed a score of 13 which indicates poor sleep quality.

3. Nursing Interventions

Nursing planning is prepared based on the Indonesian Nursing Intervention Standards (SIKI), namely Sleep Support (I.05174) and Activity and Rest Education (I.12362) with innovation in the form of implementing elderly fitness exercises three times a week for two weeks.

4. Nursing Implementation

The nursing implementation was carried out during six meetings which included identifying sleep patterns and factors that disrupt sleep, education on activities and rest, preparing a regular sleep schedule, education on factors that influence sleep quality, and carrying out regular elderly fitness exercises.

5. Nursing Evaluation

The evaluation results showed positive improvements in the client's sleep quality. The client began maintaining a more regular sleep schedule, reduced cell phone use before bed, increased daily physical activity, and experienced an increase in sleep duration from 4 to 7 hours per night. Furthermore, the client reported easier sleep onset, decreased frequency of nighttime awakenings, feeling more refreshed upon waking, and subjectively improved sleep quality. The PSQI also showed a decrease in the score from 13 to 5, indicating improved sleep quality.

6.2 Suggestion

1. For Patients and Families

Patients are expected to maintain established sleep habits, reduce cell phone use before bed, maintain a balance between activity and rest, and regularly participate in elderly fitness exercises to maintain improved sleep

quality. Families are expected to provide support and motivation to seniors to maintain a healthy and active lifestyle.

2. For Nurses

Nurses are expected to utilize elderly fitness exercises as a non-pharmacological intervention to overcome sleep pattern disorders in the elderly and integrate it with activity and rest education according to the client's individual needs.

3. For Integrated Health Posts and Community Health Centers

It is hoped that elderly Posyandu and community health centers can increase the frequency and sustainability of elderly exercise activities and provide education on sleep hygiene to the elderly as a promotive and preventive effort to improve the quality of sleep and quality of life of the elderly.

4. For Further Researchers

Future researchers are expected to conduct research with a larger number of respondents, a longer intervention duration, and use a more robust research design so that the effectiveness of elderly fitness exercises on sleep quality can be proven more comprehensively and have a higher level of generalizability.