

IMPLEMENTATION OF ELDERLY FITNESS EXERCISE IN ELDERLY PATIENT WITH SLEEP PATTERN DISTURBANCES IN THE GRIBIG COMMUNITY HEALTH CENTER SERVICE AREA

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ABSTRACT

Background: Sleep pattern disturbance is one of the most common problems experienced by elderly individuals due to physiological changes associated with aging, chronic illnesses, and decreased physical activity. One of the non-pharmacological interventions that can be implemented to improve sleep quality in the elderly is elderly fitness exercise. **Objective:** To describe the implementation of elderly fitness exercise in elderly individuals with sleep pattern disturbances in the working area of Gribig Community Health Center, Malang. **Methods:** This scientific paper employed a descriptive design using a case study approach. The nursing care process consisted of assessment, nursing diagnosis, intervention, implementation, and evaluation. The case study was conducted on Mrs. Y, a 60-year-old elderly individual diagnosed with sleep pattern disturbance in the working area of Gribig Community Health Center, Malang City. The interventions included sleep support, activity and rest education, and elderly fitness exercise conducted three times per week for two weeks. Evaluation was carried out using the Pittsburgh Sleep Quality Index (PSQI). **Results:** The assessment revealed that the client experienced difficulty initiating sleep, frequent awakenings during the night, a sleep duration of 4–5 hours per night, and poor sleep quality with a PSQI score of 13. Following the nursing interventions and the implementation of elderly fitness exercise for two weeks, the client's sleep quality improved, as indicated by reduced complaints of difficulty sleeping, decreased frequency of nighttime awakenings, increased sleep duration to 6–7 hours per night, and a reduction in the PSQI score to 5. **Conclusion:** The implementation of elderly fitness exercise combined with sleep support and activity-rest education can help improve sleep quality in elderly individuals with sleep pattern disturbances.

Keywords: Elderly Fitness Exercise, Sleep Pattern Disturbance, Sleep Quality, Elderly, PSQI