

THE EFFECTIVENESS OF BRISK WALKING AND STATIC STRETCHING ON IMPROVING THE SLEEP QUALITY OF THE ELDERLY IN SIDORAHAYU VILLAGE, WAGIR DISTRICT, MALANG REGENCY

Muhammad Husni Mubarrok¹, Joko Wiyono²

Bachelor of Applied Nursing Program, Department of Nursing

Poltekkes Ministry of Health Malang

Email : husniakbarr@gmail.com

ABSTRACT

Background: Sleep quality disorders are common health problems among older adults. These disturbances may be caused by circadian rhythm dysregulation,

sympathetic nervous system activation, decreased melatonin secretion, and comorbid conditions such as hypertension and diabetes. Efforts to improve sleep quality can be carried out through non-pharmacological therapies, including physical activities such as brisk walking and static stretching. Both therapies are considered effective in promoting physical relaxation, reducing stress, and improving the sleep rhythm of older adults. **Objective:** To determine the effectiveness of brisk walking and static stretching on improving sleep quality among older adults in Sidorahayu Village, Wagir District, Malang Regency. **Methods:** This study employed a quasi-experimental design with a three-group pretest–posttest approach. The sampling method used non-probability sampling with a total sampling technique, resulting in a total of 75 older adult respondents. The intervention was administered five times within one week. The instrument used in this study was the Pittsburgh Sleep Quality Index (PSQI). **Results:** The Kruskal–Wallis test conducted on the respondents showed a significance value of 0.033, indicating that the research hypothesis was accepted. **Conclusion:** The combination of brisk walking and static stretching is the most effective treatment for improving the quality of sleep in the elderly.

Keywords: sleep quality, older adults, brisk walking, static stretching