

ABSTRACT

Application of Nature Sound Music Therapy to Improve Sleep Quality in Elderly People Experiencing Sleep Pattern Disorders in the Mulyorejo Health Center Working Area, Malang City.

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The problem of sleep disturbance is one of the common complaints experienced by the elderly. With age, a person can experience physiological changes that affect sleep quality such as decreased sleep duration, decreased sleep quality, and increased frequency of nighttime awakenings. These problems can be overcome with non-pharmacological techniques of nature sound music therapy. This therapy is believed to create a calm atmosphere, reduce stress levels, and stimulate relaxation that can improve sleep quality naturally. The purpose of this case study is so that the author can apply nature sound music therapy to improve sleep quality in the elderly who experience sleep pattern disorders in the Mulyorejo Health Center Working Area, Malang City. This writing method is a gerontic nursing care case study using purposive sampling technique where the number of patients taken is 1 patient. The results of the case study after giving nature sound music therapy for 3 days with a duration of 30 minutes before bedtime showed a significant improvement in sleep quality, where the PSQI score on the first day (14) decreased slowly on the third day (9). The problem of sleep pattern disorders is partially resolved by showing a slow improvement in the client's sleep quality and a good change in the signs and symptoms experienced. It is hoped that this case study can be a reference in nursing science and strengthen the theoretical basis in the development of nursing science, especially in the field of gerontic nursing.

Keywords: Sleep Quality, Elderly, Nature Sound Music Therapy