

LIST OF CONTENTS

ORIGINALITY STATEMENT PAGE.....	i
ABSTRAK	ii
ABSTRACT	iii
STATEMENT OF CONSENT PAGE FOR PUBLICATION	v
FOREWORD.....	vi
MOTTO DAN DEDICATION	viii
LIST OF CONTENTS	ix
LIST OF TABLES	xii
ATTACHMENT LIST	xiii
CHAPTER I INTRODUCTION	1
1.1 Background.....	1
1.2 Formulation of the problem	3
1.3 Research purposes	3
1.4 Benefits of research	4
CHAPTER II LITERATURE REVIEW	6
2.1 Elderly Concept.....	6
2.1.1 Definition of Elderly.....	6
2.1.2 Theory of Aging Process.....	7
2.1.3 Changes That Occur in the Elderly.....	10
2.2 The Concept of Sleep	17
2.2.1 Definition of Sleep.....	17
2.2.2 Types of Sleep	17
2.2.3 Sleep Quality	19
2.3 The Pittsburgh Sleep Quality Index (PSQI).....	22
2.3.1 Definition of Elderly Fitness Gymnastics.....	23
2.3.2 Benefits of Elderly Fitness Gymnastics.....	24
2.3.3 Intensity of Elderly Fitness Gymnastics	25
2.5 The Effect of Elderly Fitness Gymnastics on Sleep Quality	26
2.6 Research Concept Framework	30
2.7 Hypothesis.....	31

CHAPTER III RESEARCH METHODS	32
3.1 Research Design	32
3.2 Location and Time of Research.....	33
3.2.1 Research Location	33
3.2.2 Research Time	33
3.3 Population, Sample, Sampling Technique	33
3.3.1 Research Population	33
3.3.2 Research Sample	33
3.3.3 Sampling Techniques	34
3.4 Research Variables.....	35
3.4.1 Independent variable.....	35
3.4.1 Dependent variable	35
3.5 Operational Definition	35
3.6 Method of collecting data	38
3.7 Research Instruments.....	39
3.8 Research Framework	41
3.9 Research Procedures.....	42
3.9.1 Preparation Stage.....	42
3.9.2 Implementation Stage	42
3.9.3 Final Stage.....	43
3.10 Data Processing Stage	43
3.11 Data analysis	45
3.11.1 Univariate Analysis.....	45
3.11.2 Bivariate Analysis.....	45
3.12 Data Presentation.....	46
3.13 Research Ethics	47
CHAPTER IV RESULTS AND DISCUSSION.....	50
4.1 Research result	50
4.1.1 Overview of Research Location	50
4.1.2 Respondent Characteristics	52
4.1.3 Special Data	54
4.2 Discussion.....	57
4.2.1 Sleep Quality of the Elderly Before Providing Elderly Fitness Gymnastics	57

4.2.2	Sleep Quality of the Elderly After Providing Elderly Fitness Gymnastics	60
4.2.3	Differences in Sleep Quality of the Elderly Before and After Providing Elderly Fitness Gymnastics.....	63
4.3	Research Limitations	66
CHAPTER V CLOSING		67
5.1	Conclusion	67
5.2	Suggestion.....	68
BIBLIOGRAPHY.....		70
ATTACHMENT		69