

ATTACHMENT

Attachment 1 Plan Of Action

No	Activities	2024								2025																												
		November				December				January				February				March				April				May				June								
		1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4					
1	Preparation Of Research Proposal	█	█	█	█	█	█	█	█	█																												
2	Proposal Defense Examination										█																											
3	Proposal Revision And Approval														█	█	█	█																				
4	Ethical Clearance														█	█																						
5	Field Work Practice														█	█	█	█	█	█	█	█																
6	Preparation Of Data Collection																						█															
7	Data Collection																										█	█										
8	Data Processing																										█	█	█	█								
9	Thesis Defense Examination																														█							
10	Thesis Revision And Approval																																					

Attachment 2 Respondent Consent Sheet

RESPONDENT CONSENT SHEET

Dear,

Prospective research respondents

At the

Posyandu Lansia RW 10, Madyopuro Village

With respect,

By means of this letter, I am the undersigned:

Name : Ismi Malikka Isnaini

NIM : P17211217139

Address : Jalan Danau Paniai III H4

A student of the Applied Nursing Undergraduate Study Program in Malang who is conducting a research entitled " Differences In Sleep Quality Of The Elderly Before And After Elderly Fitness Exercises At Posyandu Elderly Rw 10, Madyopuro Village, Malang City". The research that will be conducted by the researcher will not cause any harm to prospective respondents, because all information obtained from respondents will be kept confidential and will only be used for research purposes. The researcher expects the willingness of individuals to become respondents in this study without any coercion.

If you are willing to be a respondent in this research, the researcher requests that the respondent sign a letter of consent to become a respondent and is willing to accept the attention and cooperation of all parties. I express my gratitude.

Your Sincerely,
Researcher

Respondent

(Ismi Malikka Isnaini)

()

INFORMED CONSENT SHEET

I, the undersigned below:

Name :

Address :

Gender : Male Female*)**cross the unnecessary ones**

Phone/Mobile :

Declare willingness to be a subject (respondent) in research from

Name : Ismi Malikka Isnaini

NIM : P17211217139

Study program: Bachelor of Applied Nursing Malang

Title : Differences In Sleep Quality Of The Elderly Before
and After Elderly Fitness Exercises at Elderly
Posyandu Rw 10 Madyopuro Village Malang City.

After being given an explanation of the benefits and objectives of the research, I fully understand that this research will not have a negative impact on me so that the answers given are true. I understand that notes/regarding the research will be kept confidential. All files that include research subjects are only used for data processing and when the research is complete will be destroyed.

Thus, I am willing to be a respondent in this research without any coercion from anyone.

Malang,.....

Researcher

Respondents

(Ismi Malikka Isnaini)

(.....)

STANDARD OPERATIONAL PROCEDURE (SOP)
FITNESS EXERCISE FOR THE ELDERLY

A. Understanding

Elderly fitness exercise physical activity is a series of tone movements performed by the elderly regularly, directed, and planned with the aim of improving the functional ability of the body, stimulating the heart, blood circulation, and breathing. Elderly fitness exercise is included in the category of low-impact aerobic exercise where there are no jumping, jerking movements, but can still stimulate the heart and lungs.

B. Objective

To improve the skills of the elderly in carrying out elderly fitness exercises and improve the physical fitness of the elderly.

C. Procedure

Warm up

1. Raise both hands up and to the side while taking a breath through the nose, do this 8 times.
2. Lower both hands while exhaling through the mouth, do this 8 times.
3. Bring your hands to the side and then cross them forward while bending your knees, do this 4 times.
4. Bring your hands to the side and then cross them upwards while bending your knees, do this 4 times.
5. Bring your hands to your sides and spread your feet shoulder-width apart while turning to the right. Do 8 counts.
6. Bring your hands to your sides and spread your feet shoulder-width apart while turning to the left. Do 8 counts.
7. Place both hands behind your head while lowering your head and spread your legs shoulder-width apart. Do this for 8 counts.

8. Tilt your head to the right and then to the left and spread your legs shoulder-width apart. Do this for 8 counts.
9. Pull your right elbow then your left elbow behind your shoulder. Do this for 8 counts.
10. Shake your shoulders back and forth while bending your right leg and then your left leg. Do this for 8 counts.
11. Bend both legs while raising your hands up and to the right and left. Do this for 8 counts.
12. Spread both arms and bend your elbows while turning your body to the right and left. Do this for 8 counts.
13. Bring it forward while moving one step forward. Do it for 8 counts.
14. Bend your right leg then your left leg forward while clenching both hands to the side. Do this for 8 counts.
15. Raise your hands up until you clap and then cross both legs forward. Do this for 8 counts.

Core

1. Walk with your arms swinging at your sides. Do this for 8 counts.
2. Walk forward and backward while swinging both arms. Do this for 8 counts. (4 sets)
3. Walk to the right and left then box your hands forward and to the side. Do this for 8 counts. (4 sets)
4. Move forward and backward while clenching both hands and bringing them up. Do this for 8 counts. (4 sets)
5. Walk to the right and left while bending one leg and spreading your arms. Do this for 8 counts. (4 sets)
6. Move forward and backward while bending one leg alternately and lifting both hands up and then lowering them. Do this for 8 counts. (4 sets)
7. Move your hands forward while moving back and forth bending one leg alternately. Do this for 8 counts. (4 sets)

8. Walk on the spot while shaking your hips and raising your arms to the side. Do this for 8 counts. (4 sets)

Cooling

1. Rotate your right hand to the side then alternately move your left hand to the side while regulating your breath. Do this for 8 counts.
2. Shake your body to the right and left while clapping both hands. Do this for 8 counts.
3. Put your hands on your waist then tilt your body to the right alternately to the left. Do it for 8 counts.
4. Bend your right leg then move your left leg forward, your hands are in the position of the bent leg, do this alternately for 8 counts.
5. Raise both hands up and to the side while spreading both legs shoulder-width apart and regulate your breathing. Do this for 8 counts.

D. Attitude

Polite, Confident, Uses easy to understand language.

E. References

Youtube Directorate of Health for Productive Age and Elderly, Ministry of Health of the Republic of Indonesia, 2020.

Attachment 5 Sleep Quality Measurement Questionnaire for the Elderly

**KUESIONER KUALITAS TIDUR
PITTSBURGH SLEEP QUALITY INDEX (PSQI)**

1. Jam berapa biasanya mulai tidur ?
2. Berapa lama anda biasanya baru bisa tertidur tiap malam?
3. Jam berapa biasanya anda bangun pagi?
4. Berapa lama anda tidur di malam hari?

5.	Seberapa sering masalah-masalah dibawah ini mengganggu tidur anda	Tidak pernah	1x semi minggu	2x seminggu	≥ 3 x seminggu
a)	Tidak mampu tertidur selama 30 menit sejak berbaring				
b)	Terbangun di tengah malam atau terlalu dini				
c)	Terbangun untuk ke kamar mandi				
d)	Tidak mampu bernafas dengan leluasa				
e)	Batuk atau mengorok				
f)	Kedingian di malam hari				
g)	Kepanasan di malam hari				
h)	Mimpi buruk				
i)	Terasa nyeri				
j)	Alasan lain....				
6.	Seberapa sering anda menggunakan obat tidur				
7.	Seberapa sering anda mengantuk ketika melakukan aktifitas di siang hari				
8.	Seberapa besar antusias anda ingin menyelesaikan masalah yang anda hadapi				
		Sangat baik	baik	kurang	Sangat kurang
9.	Pertanyaan reintervensi: bagaimana kualitas tidur anda sebulan yang lalu				
	Pertanyaan postintervensi: bagaimana kualitas tidur anda selama seminggu				

Attachment 6 Questionnaire Grid

Komponen:

1. Kualitas subjektif dilihat → Dilihat dari pertanyaan nomer 9

0 = sangat baik

1 = baik

2 = kurang

3 = sangat kurang

2. Latensi tidur (kesulitan memulai tidur) → total skor dari pertanyaan nomer 2 dan 5a

Pertanyaan nomor 2:

≤ 15 menit = 0

16-30 menit = 1

31-60 menit = 2

> 60 menit = 3

Pertanyaan nomer 5a:

Tidak pernah = 0

Sekali seminggu = 1

2 kali seminggu = 2

> 3 kali seminggu = 3

Jumlahkan skor pertanyaan nomer 2 dan 5a dengan skor dibawah ini:

Skor 0 = 0

Skor 1 – 2 = 1

Skor 3 – 4 = 2

Skor 5 – 6 = 3

3. Lama tidur malam → Dilihat dari pertanyaan nomer 4

> 7 jam = 0

6 – 7 jam = 1

5 – 6 jam = 2

< 5 jam = 3

4. Efisiensi tidur → Pertanyaan nomer 1,3,4

Efisiensi tidur= jumlah lama tidur (#4) / Lama ditempat tidur(kalkulasi # 1&3) x 100%

Jika didapat hasil berikut, maka skornya:

> 85%	= 0
75 – 84%	= 1
65 – 74%	= 2
> 65%	= 3

5. Gangguan ketika tidur malam → Pertanyaan nomor 5b sampai 5j

Nomer 5b sampai 5j dinilai dengan skor dibawah ini:

Tidak pernah	= 0
Sekali seminggu	= 1
2 kali seminggu	= 2
> 3 kali seminggu	= 3

Jumlahkan skor pertanyaan nomor 5b sampai 5j,dengan skor dibawah ini:

Skor 0	= 0
Skor 1 – 9	= 1
Skor 10 – 18	= 2
Skor 19 – 27	= 3

6. Menggunakan obat-obatan tidur → Pertanyaan nomer 6

Tidak pernah	= 0
Sekali seminggu	= 1
2 kali seminggu	= 2
> 3 kali seminggu	= 3

7. Terganggunya aktifitas disiang hari → Pertanyaan nomor 7 dan 8

Pertanyaan nomer 7:

Tidak pernah	= 0
Sekali seminggu	= 1
2 kali seminggu	= 2

> 3 kali seminggu = 3

Pertanyaan nomor 8:

Tidak antusias = 0

Kecil = 1

Sedang = 2

Besar = 3

Jumlahkan skor pertanyaan nomor 7 dan 8, dengan skor di bawah ini:

Skor 0 = 0

Skor 1 - 2 = 1

Skor 3 - 4 = 2

Skor 5 - 6 = 3

Skor akhir: jumlahkan semua skor mulai dari komponen 1 sampai 7

Kualitas Tidur Baik (≤ 5)

Kualitas Tidur Buruk (6 - 21)

Attachment 7 Preliminary Study Permit Application Letter



Kementerian Kesehatan
Poltekkes Malang

Jalan Besar Ijen 77C
Malang, Jawa Timur 65112
(0341) 566075
<https://poltekkes-malang.ac.id>

Nomor : PP.06.02/F.XXI.15/1796/2024 27 Desember 2024
Perihal : Permohonan Ijin Studi Pendahuluan untuk Penyusunan Proposal Skripsi Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Malang

Kepada Yth:
Ketua Posyandu RW. 10 Kelurahan Madyopuro
Jl. Danau Paniai III, Madyopuro
di –

Tempat

Bersama ini kami mohon bantuan demi terlaksananya kegiatan Studi Pendahuluan untuk bahan penyusunan Proposal Skripsi bagi Mahasiswa Sarjana Terapan Keperawatan Malang Jurusan Keperawatan Poltekkes Kemenkes Malang di wilayah kerja Posyandu RW. 10 Kelurahan Madyopuro

Adapun mahasiswa yang akan melaksanakan Studi Pendahuluan adalah:

Nama : Ismi Malikka Isnaini
NIM/Semester : P17211217139 / VII
Asal Program Studi : Sarjana Terapan Keperawatan Malang
Judul Skripsi : Pengaruh Senam Bugar Lansia Terhadap Tingkat Insomnia Lansia di Posyandu RW. 10 Kelurahan Madyopuro
No. HP : 081387149969

Demikian atas perhatian dan kerjasamanya disampaikan terima kasih.

Ketua Jurusan Keperawatan Poltekkes Kemenkes
malang,



Dr. Erlina Suci Astuti, S.Kep, Ns, M.Kep

Kementerian Kesehatan tidak menerima suap dan/atau gratifikasi dalam bentuk apapun. Jika terdapat potensi suap atau gratifikasi silahkan laporkan melalui HALO KEMENKES 1500567 dan <https://wbs.kemkes.go.id>. Untuk verifikasi keaslian tanda tangan elektronik, silahkan unggah dokumen pada laman <https://tte.kominfo.go.id/verifyPDF>.

Dokumen ini telah ditandatangani secara elektronik menggunakan sertifikat elektronik yang diterbitkan oleh Balai Besar Sertifikasi Elektronik (BSrE), Badan Siber dan Sandi Negara



Attachment 8 Research Permit Letter



Kementerian Kesehatan
Direktorat Jenderal
Sumber Daya Manusia Kesehatan
Politeknik Kesehatan Malang
Jalan Besar Ijen 77C
Malang, Jawa Timur 65112
(0341) 566075
<https://poltekkes-malang.ac.id>

Nomor : PP.06.02/F.XIII/3343/2025 13 Juni 2025
Hal : Permohonan Ijin Pengambilan Data untuk Penyusunan Skripsi Mahasiswa
Jurusan Keperawatan Poltekkes Kemenkes Malang

Kepada Yth:
Kepala Kelurahan Madyopuro Kota Malang
Jl. Raya Madyopuro No. 40, Madyopuro, Kec. Kedungkandang
di – Tempat

Bersama ini kami mohon bantuan demi terlaksananya kegiatan Pengambilan Data untuk bahan penyusunan Skripsi bagi Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Malang di wilayah kerja Kelurahan Madyopuro Kota Malang dan untuk selanjutnya mohon rekomendasi ke Posyandu Lansia Wijaya Kusuma RW. 10 Madyopuro. Pengambilan data yang dimaksud akan dilaksanakan mulai tanggal 13 - 24 Mei 2025.

Adapun mahasiswa yang akan melaksanakan Pengambilan Data adalah:

Nama : Ismi Malikka Isnaini
NIM/Semester : P17211217139 / VIII
Asal Program Studi : Sarjana Terapan Keperawatan Malang
Judul Skripsi : Perbedaan Kualitas Tidur Lansia Sebelum dan Sesudah Senam Bugur Lansia di Posyandu Lansia RW. 10 Madyopuro Kota Malang
No. HP : 081387149969

Demikian atas perhatian dan kerjasamanya disampaikan terima kasih.

a.n. Direktur
Ketua Jurusan Keperawatan Poltekkes Kemenkes
malang,



Dr. Erlina Suci Astuti, S.Kep, Ns, M.Kep
NIP. 197608102002122001

Kementerian Kesehatan tidak menerima suap dan/atau gratifikasi dalam bentuk apapun. Jika terdapat potensi suap atau gratifikasi silahkan laporkan melalui HALO KEMENKES 1500567 dan <https://wbs.kemkes.go.id>. Untuk verifikasi keaslian tanda tangan elektronik, silahkan unggah dokumen pada laman <https://tte.kominfo.go.id/verifyPDF>.

Dokumen ini telah ditandatangani secara elektronik menggunakan sertifikat elektronik yang diterbitkan oleh Balai Besar Sertifikasi Elektronik (BSrE), Badan Siber dan Sandi Negara



Attachment 9 Ethical Letter of Aptitude



Kementerian Kesehatan

Direktorat Jenderal
Sumber Daya Manusia Kesehatan

Politeknik Kesehatan Malang
Komisi Etik Penelitian Kesehatan
Jalan Besar Ijen Nomor 77 C Malang
(0341) 566075
komisietik@poltekkes-malang.ac.id

KETERANGAN LAYAK ETIK
DESCRIPTION OF ETHICAL APPROVAL
"ETHICAL APPROVAL"

No.DP.04.03/F.XXI.30/00462/2025

Protokol penelitian versi 2 yang diusulkan oleh :
The research protocol proposed by

Peneliti utama : Ismi Malikka Isnaini
Principal In Investigator

Nama Institusi : Politeknik Kesehatan Kemenkes Malang
Name of the Institution

Dengan judul:
Title

**"PERBEDAAN KUALITAS TIDUR LANSIA SEBELUM DAN SESUDAH SENAM BUGAR LANSIA DI
POSYANDU LANSIA RW 10 KELURAHAN MADYOPURO KOTA MALANG"**

*"DIFFERENCES IN THE QUALITY OF SLEEP OF THE ELDERLY BEFORE AND AFTER ELDERLY FITNESS EXERCISES
AT THE ELDERLY POSYANDU RW 10, MADYOPURO VILLAGE, MALANG CITY"*

Dinyatakan layak etik sesuai 7 (tujuh) Standar WHO 2011, yaitu 1) Nilai Sosial, 2) Nilai Ilmiah, 3) Pemerataan Beban dan Manfaat, 4) Risiko, 5) Bujukan/Eksploitasi, 6) Kerahasiaan dan Privacy, dan 7) Persetujuan Setelah Penjelasan, yang merujuk pada Pedoman CIOMS 2016. Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator setiap standar.

Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 Standards, 1) Social Values, 2) Scientific Values, 3) Equitable Assessment and Benefits, 4) Risks, 5) Persuasion/Exploitation, 6) Confidentiality and Privacy, and 7) Informed Consent, referring to the 2016 CIOMS Guidelines. This is as indicated by the fulfillment of the indicators of each standard.

Pernyataan Laik Etik ini berlaku selama kurun waktu tanggal 14 Juni 2025 sampai dengan tanggal 14 Juni 2026.

This declaration of ethics applies during the period June 14, 2025 until June 14, 2026.



June 14, 2025
Chairperson,



Dr. Susi Milwati, S.Kp., M.Pd.

Attachment 10 Data Collection Permit Letter



PEMERINTAH KOTA MALANG
KECAMATAN KEDUNGKANDANG
KELURAHAN MADYOPURO
Jl. Raya Madyopuro No. 40 Telp. (0341) 711538 Malang
KODE POS 65138

SURAT KETERANGAN

Nomor : 474/237/35.73.03.1009/2025

Yang bertandatangan dibawah ini :

a. Nama : FREDY JOHARI ANDIANSYAH, S.Ap
b. Jabatan : LURAH

Menindaklanjuti surat Nomor : PP.06.02/F.XIII/3342/2025 perihal Permohonan Ijin Pengambilan Data untuk Penyusunan Skripsi Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Malang. Dengan memberikan izin penelitian di Posyandu RW 10 Kelurahan Madyopuro kepada :

Nama : ISMI MALIKKA ISNAINI
NIM / Semester : P17211217139/VIII
Program Studi : Sarjana Terapan Keperawatan Malang
Judul Skripsi : Perbedaan Kualitas Tidur Lansia Sebelum Dan Sesudah Senam Bugar Lansia Di Posyandu Lansia RW.10 Kel. Madyopuro, Kota Malang
No.Hp : 0813 8714 9969
Waktu Pelaksanaan : 13 Mei – 24 Mei 2025

Demikian atas perhatian dan kerjasama disampaikan terima kasih.

Malang, 13 Juni 2025
LURAH MADYOPURO,



FREDY JOHARI ANDIANSYAH, S. Ap
Penata
NIP. 19821109 200112 1 004



PEMERINTAH KOTA MALANG
KECAMATAN KEDUNGKANDANG
KELURAHAN MADYOPURO
Jl. Raya Madyopuro No. 40 Telp. (0341) 711538 Malang
KODE POS 65138

SURAT KETERANGAN SELESAI PENELITIAN

Nomor : 474/238/35.73.03.1009/2025

Yang bertandatangan dibawah ini :

- a. Nama : FREDY JOHARI ANDIANSYAH, S.Ap
b. Jabatan : LURAH

Menerangkan dengan sebenarnya bahwa :

- a. Nama : ISMI MALIKKA ISNAINI
b. NIM / Semester : P17211217139/VIII
c. Fakultas : Keperawatan
d. Program Studi : Sarjana Terapan Keperawatan Malang
e. Universitas : POLITEKNIK KESEHATAN KEMENKES MALANG
f. Judul Penelitian : Perbedaan Kualitas Tidur Lansia Sebelum Dan Sesudah Senam Bugar Lansia Di Posyandu Lansia RW.10 Kel. Madyopuro, Kota Malang

Telah melakukan penelitian di Kelurahan Madyopuro Kecamatan Kedungkandang Kota Malang dengan perincian tersebut di atas pada tanggal 13 Mei – 24 Mei 2025.

Demikian surat keterangan ini dibuat untuk dipergunakan seperlunya.

Malang, 13 Juni 2025

LURAH MADYOPURO,



FREDY JOHARI ANDIANSYAH, S. Ap

Penata

NIP. 19821109 200112 1 004



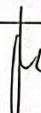





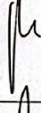

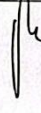



Attachment 12 Guidance Sheet



THESIS GUIDANCE SHEET
BACHELOR OF APPLIED NURSING STUDY PROGRAM
NURSING DEPARTMENT OF POLYTECHNIC OF HEALTH
MALANG

Student Name : ISMI MALIKKA ISNAINI
 NIM : P17211217139
 Name of Supervisor : Joko Wiyono, S.Kp.,M.Kep.,Sp.Kom
 Thesis title : Differences In Sleep Quality Of The Elderly Before And After Elderly Fitness Exercises At Posyandu Elderly Rw 10, Madyopuro Village, Malang City

NO	DATE	SUPERVISOR RECOMMENDATION	SIGNATURE	
			SUPERVISOR	STUDENT
1.	January, 2nd 2025	1. Initial briefing for writing a thesis 2. Please search for the problem phenomenon		
2.	January, 4th 2025	1. Title submission and consultation: select only one variable 2. Find the right instrument		
3.	January, 8th 2025	1. Title consultation according to input from supervisor: ACC title 2. Determining the instrument used: KSBPJ-IRS Questionnaire 3. Continue working on Chapter1		
4.	January, 10th 2025	1. Chapter consultation1: - Sort the background by problem, scale, chronology, solution. - Add data from the area that will be used as a research site 2. Continue chapter 2 and 3		
5.	January, 15th 2025	1. Chapter revision consultation1: chapter 1 ACC. 2. Consultation chapter 2:		

		- Enter a discussion on the effect of elderly fitness exercises on insomnia		
6.	January,17th 2025	Revised consultation chapter 2: - Create a conceptual framework with input, process, output 2. Consultation chapter 3: - First understand about univariate and bivariate analysis		
7.	January,19th 2025	1. Revision consultation for chapters 2 and 3: ACC for chapters 2 and 3 2. Complete the proposal		
8.	January, 21st 2025	1. ACC seminar proposal 2. Continue data collection for chapters 4 and 5		
9.	May, 28th 2025	1. Consul chapter 4 and 5: write the data according to the writing guidelines		
10.	June, 4th 2025	1. Revise chapter 4 and 5: write a discussion section based on Facts, Theories, and Opinions		
11.	June,10th 2025	1. Revised Consul Chapter 4 and 5: Write a Conclusion based on the results 2. Complete the Attachment		
12.	June,16th 2025	1. ACC seminar results		

Know,
Chairman
Applied Nursing Undergraduate Study Program
Malang



Dr. Arief Bachtiar, S.Kep., Ns., M.Kep.
NIP.197407281998031002

Malang,
Adviser



Joko Wiyono, S.Kp., M.Kep., Sp.Kom
NIP.196909021992031002

Attachment 13 Tabulation Data Of Sleep Quality Score Pre Test

TABULATION DATA OF SLEEP QUALITY SCORE PRE TEST

No	Inisial Nama	Sk 1	Sk 2	Sk 3	Sk 4	Sk 5	Sk 6	Sk 7	Total
1.	Ny. S	2	1	3	0	2	0	2	10
2.	Tn. S	2	3	3	1	1	0	2	12
3.	Ny. T	1	2	2	0	1	0	2	8
4.	Ny. S	2	2	3	0	1	0	1	9
5.	Ny. I	2	2	3	1	2	0	2	12
6.	Tn. R	1	2	1	0	2	0	1	7
7.	Ny. L	2	2	2	1	2	0	2	11
8.	Ny. T	3	3	2	1	2	0	3	14
9.	Ny. E	2	2	2	0	1	0	2	9
10.	Ny. W	1	1	1	0	1	0	2	6
11.	Ny. A	2	2	1	0	2	0	2	9
12.	Tn. E	1	1	1	0	1	0	1	5
13.	Ny. R	1	1	1	0	1	1	1	6
14.	Ny. E	1	2	1	0	1	0	1	6
15.	Ny. D	1	2	3	0	1	0	1	8
16.	Tn. P	2	2	1	0	2	0	2	9
17.	Ny. S	2	3	2	0	2	0	3	12
18.	Ny. T	1	0	2	0	1	2	2	8
19.	Ny. D	1	1	2	0	1	0	1	6

20.	Tn. H	1	2	2	0	1	0	2	8
21.	Ny. S	3	3	2	1	2	0	2	13
22.	Ny. S	2	2	2	0	1	0	2	9
23.	Ny. D	2	2	2	0	2	0	2	10
24.	Ny. S	1	0	2	0	2	0	2	7
25.	Ny. Y	2	0	1	0	1	0	2	6

Attachment 14 Tabulation Data of Sleep Quality Score Post Test

TABULATION DATA OF SLEEP QUALITY SCORE POST TEST

No	Inisial Nama	Sk 1	Sk 2	Sk 3	Sk 4	Sk 5	Sk 6	Sk 7	Total
1.	Ny. S	1	1	2	0	1	0	2	7
2.	Tn. S	1	2	2	0	1	0	1	7
3.	Ny. T	1	0	2	0	1	0	1	5
4.	Ny. S	1	1	1	0	1	0	1	5
5.	Ny. I	1	2	1	0	1	0	1	6
6.	Tn. R	1	1	0	0	1	0	1	4
7.	Ny. L	2	1	1	0	1	0	0	5
8.	Ny. T	2	2	2	0	1	0	2	9
9.	Ny. E	1	1	1	0	1	0	1	5
10.	Ny. W	1	1	1	0	1	0	1	5
11.	Ny. A	1	2	1	0	1	0	0	5
12.	Tn. E	1	1	1	0	1	0	1	5
13.	Ny. R	1	1	1	0	1	0	1	5
14.	Ny. E	1	1	1	0	1	0	1	5
15.	Ny. D	1	2	2	0	1	0	1	7
16.	Tn. P	1	0	0	0	1	0	1	3
17.	Ny. S	1	2	1	0	1	0	1	6
18.	Ny. T	1	0	1	0	1	0	2	5
19.	Ny. D	1	1	0	0	1	0	1	4

20.	Tn. H	1	1	1	0	1	0	0	4
21.	Ny. S	2	2	1	0	1	0	2	8
22.	Ny. S	1	2	1	0	1	0	1	6
23.	Ny. D	1	1	1	0	1	0	1	5
24.	Ny. S	1	0	2	0	1	0	2	6
25.	Ny. Y	1	0	1	0	1	0	2	5

Attachment 15 Data Tabulation

TABULATION RESULTS OF SLEEP QUALITY IN THE ELDERLY

No	Name	Age	L/P	Education	Work	Pretest	Posttest
1.	Mrs. S	62	P	SMP	Housewife	10	7
2.	Mr. S	62	L	Diploma/Bachelor	Retired	12	7
3.	Mrs. T	64	P	Diploma/Bachelor	Retired	8	5
4.	Mrs. S	71	P	SD	Housewife	9	5
5.	Mrs. I	68	P	SMP	Housewife	12	6
6.	Mr. R	60	L	Diploma/Bachelor	Retired	7	4
7.	Mrs. L	62	P	Diploma/Bachelor	Retired	11	5
8.	Mrs. T	61	P	SMA/SMK	Businessman	14	9
9.	Mrs. E	65	P	Diploma/Bachelor	Retired	9	5
10.	Mrs. W	63	P	Diploma/Bachelor	Retired	6	5
11.	Mrs. A	64	P	SMP	Employee	9	5
12.	Mr. E	64	L	Diploma/Bachelor	Retired	5	5
13.	Mrs. R	66	P	SMA	Housewife	6	5
14.	Mrs. E	60	P	SD	Housewife	6	5
15.	Mrs. D	60	P	SD	Businessman	8	7
16.	Mr. P	61	L	Diploma/Bachelor	Retired	9	3
17.	Mrs. S	79	P	Diploma/Bachelor	Retired	12	6
18.	Mrs. T	62	P	SMA	Businessman	8	5
19.	Mrs. D	62	P	SD	Housewife	6	4
20.	Mr. H	68	L	SMP	Employee	8	5
21.	Mrs. S	70	P	SD	Housewife	13	8
22.	Mrs. S	67	P	Diploma/Bachelor	Retired	9	6
23.	Mrs. D	63	P	SMP	Employee	10	5
24.	Mrs. S	66	P	SD	Businessman	7	6
25.	Mrs. Y	60	P	SMA	Housewife	6	5

Attachment 16 Univariate Test

Respondent Age

	N	Minimum	Maximum	Mean	Std. Deviation
Respondent Age	25	60	79	64.40	4,378
Valid N (listwise)	25				

Gender

	Frequency	Percent	Valid Percent	Cumulative Percent
Man	5	20.0	20.0	20.0
Valid Woman	20	80.0	80.0	100.0
Total	25	100.0	100.0	

Work

	Frequency	Percent	Valid Percent	Cumulative Percent
Housewife	8	32.0	32.0	32.0
Retired	10	40.0	40.0	72.0
Valid Businessman	4	16.0	16.0	88.0
Employee	3	12.0	12.0	100.0
Total	25	100.0	100.0	

Education

	Frequency	Percent	Valid Percent	Cumulative Percent
Elementary School	6	24.0	24.0	24.0
Junior High School	5	20.0	20.0	44.0
High School/Vocational School	4	16.0	16.0	60.0
Diploma/Bachelor	10	40.0	40.0	100.0
Total	25	100.0	100.0	

Sleep Quality Category Before Elderly Fitness Exercise

		Frequenc y	Percent	Valid Percent	Cumulative Percent
Valid	Good	1	4,0	4,0	4,0
	Moderate	18	72,0	72,0	76,0
	Bad	6	24,0	24,0	100,0
	Total	25	100,0	100,0	

Sleep Quality Category After Elderly Fitness Exercise

		Frequenc y	Percent	Valid Percent	Cumulative Percent
Valid	Good	16	64,0	64,0	64,0
	Moderate	9	36,0	36,0	100,0
	Total	25	100,0	100,0	

Attachment 17 Bivariate Test

Wilcoxon Signed Ranks Test Results

Ranks

		N	Mean Rank	Sum of Ranks
Post Test Sleep Quality Score - Pre Test Sleep Quality Score	Negative Ranks	24a	12.50	300.00
	Positive Ranks	0b	,00	,00
	Ties	1c		
	Total	25		

- a. Post Test Sleep Quality Score < Pre Test Sleep Quality Score
- b. Post Test Sleep Quality Score > Pre Test Sleep Quality Score
- c. Post Test Sleep Quality Score = Pre Test Sleep Quality Score

Test Statistics

	Post Test Sleep Quality Score - Pre Test Sleep Quality Score
Z	-4,304b
Asymp. Sig. (2-tailed)	,000

- a. Wilcoxon Signed Ranks Test
- b. Based on positive ranks.

Attachment 18 Documentation

