

DIFFERENCES IN SLEEP QUALITY OF THE ELDERLY BEFORE AND AFTER ELDERLY FITNESS EXERCISE AT ELDERLY POSYANDU RW 10 MADYOPURO VILLAGE MALANG CITY

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ABSTRACT

Background: Elderly people often experience sleep disturbances due to the aging process, decreased melatonin hormone, and various other physiological and psychological factors. Poor sleep quality has a negative impact on the health and quality of life of the elderly. One of the non-pharmacological interventions that has been proven effective in improving sleep quality is elderly fitness exercise. **Research Objective:** To determine the differences in sleep quality before and after elderly fitness exercise in the elderly at Posyandu Lansia RW 10, Madyopuro Village, Malang City. **Research Method:** This study used a quantitative pre-experimental design with a one group pretest-posttest design approach. The sample size was 25 elderly people selected using the total sampling technique. The instrument used to measure sleep quality was the Pittsburgh Sleep Quality Index (PSQI) questionnaire. The elderly fitness exercise intervention was carried out for two weeks with a frequency of three times a week. Data were analyzed using the Wilcoxon test. **Research Results:** The results of the Wilcoxon test showed a significant difference between sleep quality scores before and after elderly fitness exercise, with a p value <0.05. The majority of respondents experienced an increase in sleep quality after participating in the intervention. **Conclusion:** Elderly fitness exercise has been shown to have a significant effect on improving sleep quality in the elderly. This intervention can be applied as a form of non-pharmacological effort to improve the quality of life of the elderly.

Keywords: Elderly, Sleep Quality, Elderly Fitness Exercise