

CHAPTER V

CLOSING

5.1 Conclusion

Based on the results of research conducted at the Wijaya Kusuma Elderly Posyandu RW 10, Madyopuro Village, entitled "Differences in Sleep Quality of the Elderly Before and After Elderly Fitness Gymnastics", it can be concluded that:

1. In the pre-test results, it was found that the majority, totaling 18 individuals (72%), had a moderate level of sleep quality (PSQI score 6–10). Meanwhile, 6 participants (24%) were categorized as having poor sleep quality (PSQI score 11–21), and only 1 participant (4%) had good sleep quality (PSQI score ≤ 5). The average PSQI score showed that most elderly people had high scores, indicating sleep quality disturbances before the elderly fitness exercise intervention.
2. In the post-test results, there was a significant decrease in PSQI scores, based on the post-test results from 25 participants, it was found that 16 individuals (64%) had good sleep quality (PSQI score ≤ 5), while 9 participants (36%) were categorized as having moderate sleep quality (PSQI score 6–10). No participants were found to have poor sleep quality in the post-test. indicating an improvement in sleep quality in most elderly people after participating in elderly fitness exercises.
3. Sleep quality of the elderly there is a significant difference between before and after elderly fitness gymnastics. Before gymnastics, only 4%

of respondents had good sleep quality, while after gymnastics the number increased to 64%. Conversely, the proportion of respondents with poor sleep quality decreased from 96% to 36%. This shows that elderly fitness gymnastics has a positive effect on improving the sleep quality of the elderly there is a difference before and after elderly fitness gymnastics.

5.2 Suggestion

1. For Educational Institutions

The results of this study are expected to be input for implementing the provision of elderly fitness exercises in the implementation of nursing care for the elderly.

2. For Respondents

The results of this study are expected to be clear information for respondents and are expected to routinely participate in elderly fitness gymnastics activities as one of the non-pharmacological efforts to improve sleep quality. Elderly fitness gymnastics not only helps improve sleep quality, but is also beneficial for overall physical and mental health.

3. For Respondents' Families

It is hoped that families or companions can provide support and motivation to the elderly to participate in the elderly fitness exercise program regularly so that the quality of sleep and health of the elderly are maintained.

4. For Posyandu Cadres and Officers

It is expected that Posyandu Lansia cadres can be more active in inviting and motivating the elderly to routinely participate in elderly fitness gymnastics activities. In addition, cadres can also provide education on the importance of sleep quality for the health of the elderly and conduct regular monitoring to assess the development of sleep quality of the elderly who participate in gymnastics activities.

5. For Further Researchers

The results of this study are expected to be used as study material to develop research using other delivery methods that use experiments and can use control groups in providing elderly fitness exercises.