

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

**THESIS**

**ISMI MALIKKA ISNAINI**

**NIM : P17211217139**



**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA  
MINISTRY OF HEALTH POLYTECHNIC OF HEALTH MALANG  
NURSING DEPARTMENT BACHELOR OF APPLIED NURSING STUDY  
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