

PENGARUH RENDAM AIR HANGAT PADA KAKI TERHADAP KUALITAS TIDUR LANSIA DI DUSUN REJOSO WIJIMULYO NANGGULAN KULON PROGO

Siti Aisyah¹, Agus Warseno², Tri Prabowo³

INTISARI

Latar Belakang : Sekitar 67% dari 1.508 lansia di Amerika berusia 65 tahun ke atas melaporkan mengalami gangguan tidur dan sebanyak 7,3 % lansia mengeluhkan gangguan memulai dan mempertahankan tidur, jika kualitas tidur lansia buruk maka akan mengalami banyak permasalahan, rendam air hangat pada kaki akan meningkatkan kualitas tidur.

Tujuan Penelitian : Diketahui pengaruh terapi rendam air hangat pada kaki terhadap kualitas tidur lansia.

Metode Penelitian : Rancangan penelitian ini adalah kuantitatif dengan jenis *quasy eksperiment* menggunakan *pre post test with control one group design*. Sampel dalam penelitian ini sebanyak 30 responden, sampel dipilih menggunakan tehnik *simple random sampling*. Hasil penelitian dianalisis dengan uji *Wil Coxon*.

Hasil penelitian : Hasil uji statistik pada minggu pertama tidak terjadi perubahan dengan $p=0.083$. Pada minggu ke dua terjadi perubahan dan memiliki nilai $p=0.025$ ($p<0.05$)

Kesimpulan : Ada pengaruh terapi rendam air hangat pada kaki terhadap kualitas tidur lansia.

Kata Kunci : Lansia, Kualitas tidur, Rendam kaki.

¹Mahasiswa PSIK Stikes Jenderal Achmad Yani Yogyakarta

²Dosen PSIK Stikes Jenderal Achmad Yani Yogyakarta

³Dosen PSIK Poltekkes Yogyakarta

THE INFLUENCE OF FOOT SOAK IN WARM WATER ON THE SLEEPING QUALITY OF THE ELDERLY IN REJOSO VILLAGE, WIJIMULYO, NANGGULAN, KULONPROGO

Siti Aisyah¹, Agus Warseno², Tri Prabowo³

ABSTRACT

Background : Around 67% of 1.508 elderly in America aged more than 65 years old report to have sleeping disorder and 7,3% of the elderly have health complaint in initiating and maintaining their sleeping. Poor sleeping quality will lead to problems for the elderly. Foot soak in warm water may improve sleeping quality.

Objective : To find out the influence of foot soak in warm water on the sleeping quality of the elderly in Rejoso Village, Wijimulyo, Nanggulan, Kulonprogo.

Method : The design of this study was quantitative with experiment quasy by applying *pre post test with control one group design*. Samples in this study were 30 respondents and selected through simple random sampling. The result of study was analyzed by applying Wilcoxon test.

Result : The result of statistical test since the pretest on the first day until the posttest on the last day identified p value= $\leq 0,05$

Conclusion : There was an influence of foot soak in warm water to the sleeping quality of the elderly.

Keyword : The elderly, Sleeping quality, Foot soak.

¹A student of S1 Nursing Study Program of A.Yani Yogyakarta High School of Health Science

²A counseling lecturer of S1 Nursing Study Program of A.Yani Yogyakarta High School of Health Science

³A counseling lecturer of Nursing Study Program of Yogyakarta Health Poly Technique School of Health Ministry.