

**PENERAPAN PIJAT REFLEKSI KAKI TERHADAP PENINGKATAN
KUALITAS TIDUR PADA LANSIA DI DUKUH TEMPEL 01/01
KARANGDOWO KLATEN**

Novi Nur Aisyah, Wahyuni, Dewi Kartika Sari

novinaisyah24@gmail.com

Program Studi Keperawatan STIKES 'Aisyah Surakarta

ABSTRAC

Background: based on the results of interviews with 10 elderly people, out of 10 elderly there were 7 elderly people having difficulty sleeping at night, often waking at night, and the average elderly only sleeping 4 to 5 hours. Elderly states that they have never done foot reflexology to deal with sleep disturbances. Handling is done when it is not biased to sleep, namely 3 elderly only apply oil or balm around the body and neck for the elderly 4 elderly only drink warm water. Objective: To describe the application of foot massage to the quality of sleep for the elderly, supported by paste 01/01 Karangdowo Klaten. **Method:** this study uses descriptive methods and observes events that have occurred. The author will approach the two respondents by conducting interviews and distributing questionnaires to the respondents to collect data before doing foot reflexology and after doing foot reflexology. **Results:** sleep quality of the two respondents before and after reflexology for 6 weeks once a week showed that there was an increase in sleep quality. **Conclusion:** there are differences in the improvement of sleep quality of the two respondent after the application of foot reflexology, the results of questionnaires 7 and 8.

Keywords: Reflection Massage, Sleep Quality, Elderly