

THE APPLICATION OF HONEY CONSUMPTION TO THE SLEEP QUALITY OF ELDERLY AT THE “POSYANDU” OF BANYUBIRU, WIDODAREN, NGAWI

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ABSTRACT

Background; based on the result of interview to 10 elderlies shows that there are seven from ten elderlies are difficult to sleep at night. They often awakened at night. They are not satisfied with their poor sleep quality. The elderly said that they had never consumed honey for dealing their sleep disorders. The handling used when they are unable to sleep are four elderlies drink warm water and six elderlies apply ointment around their neck. **The objectives of the research;** describing the effect from 2 respondents of after the application of honey consumption to the elderly's sleep quality in Banyubiru, Widodaren, Ngawi. **Method;** this research uses decriptive method with case study approach. The researcher approaches two respondents by interviewing and distributing questionnaires to collect data before and after applying honey consumption. **Result;** the quality of two respondents after being given a honey therapy for seven days shows there is a significant increase. **Summary;** there is an increasing of sleep quality after the application of honey consumption. It can be seen from the result of questionnaires. There are 5 and 4,75 which belongs to good sleep quality.

Keywords; Honey, Sleep Quality, Elderly.