

ABSTRACT

Windy SetyaPutri

NIM. C2013128

Nursing Science Study Programmer

Consultants:

1. Mulyaningsih, S.Kep. Ns. M.Kep

2. Sri Hartutik, S.Kep. Ns. M.Kep

THE DIFFERENCE IN MEAN QUALITY OF SLEEP IN THE ELDERLY BEFORE AND AFTER THERAPY SOAK THE FEET OF WARM WATER WITH BATH SALTS IN POSYANDU ELDERLY NGUDI WARAS TRUCUK

Background: Sleep was a basic need that must be met by humans. Sleep disorder are often found in elderly people that have an impact in decreasing the quality of sleep. Therapy soaking the feet in warm water with bath salts, so that it stimulates the production of the brain glands which results in a relaxation effect and the body feels calmer so as to improve the quality of sleep. **Purpose:** To determine the difference in mean quality of sleep in the elderly before and after therapy soaking the feet of warm water with bath salts. **Method of Research:** This research is a quantitative study with a Quasi Experiment design. This method is pre experiment One Group Pre Test - Post Test design. The sample was 40 elderly with a technique of total sampling. The instruments in this study were questionnaires and observations. Data analysis techniques using univariate test and bivariate test by paired t-test. **Results and Conclusion:** 1) The average sleep quality score of the elderly before therapy for warm water foot bath with bath salts was the mean value of 8.12; 2) The average score of sleep quality for elderly after therapy with warm water foot bath with bath salts obtained a mean value of 7.10; 3) There was a difference in mean quality of sleep in elderly before and after therapy soaking the feet of warm water with bath salts with a p value of 0.032. **Conclusion:** Therapy soaking the feet of warm water with bath salt is very effective to improve the sleep quality score in the elderly at the elderly posyandu Ngudi Waras Trucuk.

Keywords: warm water foot soak, bath salt, sleep quality, elderly