

**APPLICATION OF FOOT SOAK WITH WARM WATER TOWARDS
INSOMNIA IN THE ELDERLY IN PUCANGSAWIT**

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ABSTRACT

Background: *Insomnia is a health problem that often occurs in the elderly, around 50% of the elderly aged more than 60 years often experience insomnia. Nonpharmacological treatment of insomnia can be done by soaking the foot with warm water. Insomnia can have such a bad impact that it can cause a decrease in a person's quality of life, such as motor performance, poor mood and imbalances in the body. Immune function will also decrease due to poor sleep. Warm water is able to provide relaxation that can cause a sense of comfort so that it can reduce insomnia.*

Purpose: *Knowing the difference in the scale of insomnia in the elderly before and after the action of soaking the feet with warm water. Research methods: This research is an applied research with case studies that use descriptive research methods. the researcher will approach 2 (two) respondents by giving a questionnaire.*

Results: *There are differences in the development of the insomnia scale in the elderly before and after soaking the foot with warm water, namely from the scale of moderate insomnia to the scale of mild insomnia. Conclusion: Soaking the foot with warm water diving 20 minutes is able to lower the scale of insomnia*

Keywords: Insomnia, Elderly, Foot Soak.