

***EFFECT OF WALKING MORNING EXERCISE ON
IMPROVING SLEEP QUALITY IN THE ELDERLY***

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ABSTRACT

Background: The prevalence of sleep disorders in Indonesia in the elderly is around 67% of the population aged 65 years. According to gender, it was found that women experienced 78.1% of sleep disorders at the age of 60 years and over. With age, the quality of sleep of most elderly people tends to change, the need for physical activity such as morning walking improves sleep quality. ***Objective:*** Therefore, researchers provide walking morning exercise intervention. ***Methodes:*** This study uses a quantitative method with a quasi, experimental type using a one group pre-test and post-test design. The sample was 28 respondents with purposive sampling technique. Measurement of sleep quality with the Pittsburgh Sleep Quality Index (PSQI). The walking morning exercise intervention is carried out 3 times a week for 4 weeks. ***Results:*** Based on the Wilcoxon Test a significant value of 0.008 ($p > 0.05$). ***Conclusion:*** There is an influence on the provision of morning exercises on improving sleep quality in the elderly.

Keywords: Elderly; Sleep Quality; Walking Morning Exercise