

**THE APPLICATION OF BACK MASSAGE TO THE SLEEP QUALITY OF
THE ELDERLY IN THE LAVENDER WARD OF Ir. SOEKARNO
HOSPITAL, SUKOHARJO REGENCY**

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ABSTRACT

Background: Elderly is an age group in humans who have entered the final stages of their life phase. The elderly will experience a process called the Aging Process or the aging process. The aging process is a life cycle marked by the stages of decline in the functions of various organs of the body, which are marked by the increasing vulnerability of the body to various disease attacks. One of the setbacks of the elderly that can affect the physical and psychological aspects of the elderly is the quality of sleep. Elderly who experience decreased sleep quality or have poor sleep quality will experience various kinds of problems. Therefore, back massage will be given to improve the sleep quality of the elderly. **Purpose:** Knowing the application of back massage to the sleep quality of the elderly in the Lavender Ward at the Regional General Hospital Ir. Soekarno, Sukoharjo Regency. **Methods:** This research is a type of qualitative descriptive research with a case study approach (Case Study). The subjects in this case study were 2 elderly patients. **Results:** Both respondents had poor sleep quality with a score ≥ 5 before being given a back massage and both respondents had good sleep quality with a score ≤ 5 after being given a back massage for 3 days before going to bed with a duration of 10 minutes. **Conclusion:** The two respondents both had good sleep quality after being given a back massage for 3 days before going to bed with a duration of 10 minutes.

Keywords: elderly, sleep quality, back massage