

**APPLICATION OF FOOT BATH WITH WARM WATER ON SLEEP QUALITY
IN THE ELDERLY IN PUCANGSAWIT**

Hassan Ammar Candra¹, Maryatun²

hasancandra99@gmail.com

Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: Changes in the elderly include the risk of falls, anxiety, and decreased sleep quality. According to World Health Organization (WHO) data in 2020, it is estimated that the number of elderly people will reach 28,800,000, or around 11.34% of total population. The Indonesian Ministry of Health in 2019 provided data showing that around 27 million, who are 9.7% of the population, are considered elderly. One of the non-pharmacological therapies is Soak Your Feet With Warm Water. **Objective:** To describe the results of the implementation of foot soaking with warm water on sleep quality in the elderly in Pucangsawit. **Methods:** The design of this study uses a case study method, a descriptive research method, and observes events that have occurred by observing the PSQI score value in 2 respondents, conducted 1 time in 5 consecutive days for 15 minutes. The instruments used in this study are thermometers, buckets, hot water, towels, questionnaires, observation sheets to record progress. **Results:** There was a decrease in the PSQI score of Mrs. M by 7 points and Mrs. S by 6 points. In the results of measuring the PSQI score value, there was a decrease in the PSQI score value in both respondents. **Conclusion:** The application of Foot Bath with Warm Water can potentially reduce sleep quality disorders in the elderly in both respondents.

Keywords: Elderly, Foot Soak, Sleep Quality

