

ABSTRACT

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THE EFFECT OF APPLYING YOGA TO REDUCE INSOMNIA ON SENIOR CITIZEN AT POSYANDU MAWAR II DEMANGAN SAPEN MOJOLABAN SUKOHARJO	
ABSTRACT	
<p>Background: <i>Posyandu Mawar II has sixty five members, half of them suffered from insomnia. Those members had sleeping disorders caused by lack of exercise. To overcome the sleeping disorders especially for the senior citizen, one of the ways is by applying yoga. Yoga is one of light gymnastics which could be done by the senior citizen to give relaxation effect that could improve sleeping quality.</i></p> <p>The Objective of the study: <i>This study aimed at knowing the effect of applying yoga to reduce insomnia on senior citizen.</i> The method of the study: <i>This study used quasi experimental method with pre and post one group design. The sample was taken by consecutive. The number of the sample on this was twenty respondents.</i> The results of the study: <i>The result of the study was of significance $p=0,000$ ($p<0,05$) means that there were effects on applying yoga to reduce insomnia.</i> Conclusion: <i>By the result of the study, it can be concluded that there were effects on applying yoga to reduce insomnia on senior citizens</i></p>	
Keywords: <i>Insomnia, Yoga</i>	