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AEROBIC LOW IMPACT AND YOGA TO OVERCOME INSOMNIA IN ELDERLY

SUMMARY

Background: *The world's population is currently in an aging population with a population aged 60 years and over exceeding 7% of the population. The percentage of elderly in Indonesia has doubled (1971-2019), reaching 9.6% or 25 million people, where female elderly is about 1% more than male elderly (10.10% vs 9.10%). The process of aging is a process that is continuous (continuous) in nature which starts from birth and is generally experienced in all living things. Elderly (seniors) will experience several changes, one of which is a change in sleep patterns. Sleep disruption or insomnia can be overcome with low impact aerobic exercise and yoga, where low impact aerobic exercise can provide relaxation for the elderly so that it is easier for the elderly to start sleeping. Yoga exercise can also reduce insomnia in the elderly because its movements stimulate the hypothalamus to increase the production of beta endorphins, which are the body's natural morphine that will cause emotional stability and calm. This calm and relaxed condition is what is needed for insomnia.* **Purpose:** *To create a promotional media containing low impact aerobic exercise programs and yoga exercises to overcome the degree of insomnia in the elderly in the form of booklet media.* **Methods:** *The method used is using IEC media, namely booklets as a tool to determine low impact aerobic exercise programs and yoga exercises to treat insomnia in the elderly.* **Result:** *The KIE booklet media will be distributed to the elderly and elderly posyandu cadres as an easy and practical guide in doing the exercises.* **Conclusion:** *As a medium of education and information for the elderly and elderly posyandu cadres and a tool for overcoming insomnia in the elderly.*

Keywords: *Insomnia, Booklet, Low Impact Aerobic Exercise, Yoga Exercise*