

SOAK FEET IN WARM WATER TO IMPROVE THE QUALITY OF SLEEP IN OLDERS WITH VIDEO MEDIA

BILLYAN SAFITRI

Studi Diploma III Keperawatan, Fakultas Ilmu Kesehatan

Universitas 'Aisyiyah Surakarta

Email: Billyansafitri25@gmail.com

SUMMARY

Background: Aging is a normal thing experienced by the elderly. Aging is marked by the increasing age of the elderly and accompanied by a decrease in physical condition and organ function. In this condition, the elderly are more susceptible to sleep disorders, such as difficulty starting sleep and waking up early in the morning. If this sleep disorder is ongoing and not treated, it will cause a decrease in the quality of life of the elderly. Treatment of sleep disorders can be done in two ways, namely pharmacologically and non-pharmacologically. Pharmacology uses drugs while non-pharmacology uses various ways, one of which is hydrotherapy or warm water soak therapy. Warm water bath therapy has the benefit of relaxing the body, reducing pain, and causing drowsiness. Therapy can be carried out for 3-6 days on a regular basis with a duration of 15-20 minutes using a water temperature of 37 ° C-39 ° C. **Method:** The author uses video media because it describes the therapy of warm water soaking, so that it can help improve sleep quality in the elderly. **Result:** In the video media contains images, sound and writing so that it makes it easier to absorb information and can add insight. **Conclusion:** Warm water soak video therapy media can improve the quality of sleep in the elderly. To get effective results, do warm water soak therapy with video media regularly.

Keywords: Sleep of Quality, Elderly, Warm Water Soak