

ELDERLY EXERCISE AS A EFFORT TO INCREASE THE QUALITY OF SLEEP FOR THE ELDERLY WITH VIDEO MEDIA

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SUMMARY

Background: Based on a report by the Central Statistics Agency (BPS) in 2000, UHH (Life Expectancy) in Indonesia was 64.5 years with a percentage of the elderly population was 7.56% and in 2010 there was an increase in UHH to 69.49 years with a percentage The elderly population was 7.56% while in 2011 the UHH became 69.65 years old with the percentage of the elderly population was 7.58%. Elderly is someone whose age has reached > 60 years, increasing age will affect the decrease in sleep periods. One of the conditions that is a problem for the elderly in general is related to the decreased quality of sleep due to decreased physical condition. However, it is known that exercise in the elderly can help improve the quality of sleep in the elderly. **Objective:** Knowing the making of Communication, Information and Education (IEC) media regarding elderly exercise as a promotional medium to improve sleep quality in the elderly. **Methods:** The method used is using IEC media in the form of video as a promotional medium which contains the meaning, benefits and movements of elderly exercise to improve sleep quality. **Result:** The IEC media in the form of this video can be distributed directly to elderly posyandu cadres and social media. **Conclusion:** As a media for promotion, information and education for the public, especially for the elderly, regarding elderly exercise in improving sleep quality.

Keywords: *Elderly, Sleep Quality, Elderly Gymnastics*