

THE RELATIONSHIP BETWEEN SLEEP HYGIENE TO THE LEVEL OF INSOMNIA IN RW 05 GANDEKAN JEBRES SURAKARTA

Putri Wulan Dhari, Ika Silvitasari
wulandhari2412@gmail.com
Aisyiyah Surakarta University

ABSTRACT

Background: *Insomnia is the most common sleep disorder experienced by the elderly. Insomnia Sleep disturbances in the elderly can have a negative impact, especially on the health conditions of the elderly. Sleep hygiene is the form of exercises to form habits so that sleep becomes quality based on activities carried out before bed.* **Objective:** *to analyze "The Relationship Between Sleep Hygiene and Insomnia Levels in Jebres , Gandekan , RW 05 Surakarta".* **Methods:** *Type of research is quantitative,, observational. population was 68 elderly, sample of 50 samples calculated using the slovin. The instrument in this study to use the IRS (Insomnia Rating Scale) measuring instrument to measure the degree of insomnia and use the SHI (Sleep Hygiene Index) measuring instrument measure sleep hygiene habits of the elderly. used are univariate and bivariate using Spearman Rank test.* **Result:** *The results of data analysis using the Rank - Spearman test obtained a value of Sig = 0.000 < (0.05) which means Ho is rejected and Ha is accepted meaning "There is a relationship between Sleep Hygiene and Insomnia in Jebres Gandekan RW 05 Surakarta.* **Conclusion :** *There is a relationship between Sleep Hygiene and Insomnia in Jebres Gandekan RW 05 Surakarta.*

Keywords: *Insomnia, Sleep Hygiene, Elderly*