

THE EFFECT OF DIAPHRAGMATIC BREATHING EXERCISE ON SLEEP QUALITY IN THE ELDERLY

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ABSTRACT

Background: Sleep quality is a condition where the sleep that a person lives can provide fitness, freshness, and satisfaction when awakened. Diaphragmatic Breathing Exercise is an increase in volume and oxygen saturation as well as to train how to breathe properly, strengthen and relax the respiratory muscles when doing deep inspiration and increase circulation which is able to stimulate the function of the sympathetic-parasympathetic system which is very good to improve sleep quality and quality of life Better. **Objective :** To determine the effect of Diaphragmatic Breathing Exercise on sleep quality in the elderly. **Methods:** This study used a quasi-experimental with one group pre and post test with a total sample of 25 respondents. The research instrument used a Pittsburgh Sleep Quality Index (PSQI) questionnaire. Diaphragmatic Breathing Exercise Intervention was carried out 3 times a week for 3 weeks. Data analysis using McNemar influence test. **Results:** McNemar's test based on the quality of sleep of the elderly before and after being given treatment, a significance value of 0.001 ($P < 0.05$) was obtained. **Conclusion:** There is an effect of Diaphragmatic Breathing Exercise on the sleep quality of the elderly.

Keywords: Sleep Quality and Diaphragmatic Breathing Exercise

