

**INFLUENCE OF TAI CHI TO INCREASING GYMNASTIC  
SLEEP QUALITY IN ELDERLY IN POSBINDU  
PULOSARI KARANGASEM JATEN  
KARANGANYAR**

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**ABSTRACT**

**Background:** Along with increasing age in the elderly can cause various kinds of disorders, one of which is a disturbance in sleep patterns. Sleep quality in most elderly people tends to change, some complain that it is difficult to start sleeping and go back to sleep when awake at night. To reduce disruption of sleep quality in the elderly there are several methods used in curing sleep disorders, namely by pharmacological and nonpharmacological approaches. *Gymnastics Tai Chi* is a physical activity in the form of exercises mind-body related to improving mood, mental health and sleeping the elderly. *Gymnastics Tai Chi* can reduce sleep disorders and improve the quality of sleep for the elderly. **Purpose:** This study aims to determine the effect of *Gymnastics Tai Chi* on sleep quality in the elderly. **Method:** This study used a method pre-experimental with a research one group pre and post test design. Sampling by random sampling. The number of samples in this study were 20 respondents with treatment for 8 weeks every week 3 times. Sleep quality measurement instruments using the Pittsburgh Sleep Quality Index (PSQI). **Results:** This study was significant  $p = 0,000$  ( $p < 0.05$ ), meaning that there was an effect of giving exercise *Tai Chi* to improving sleep quality in the elderly. **Conclusion:** There is an effect of *Gymnastics Tai Chi* on improving sleep quality in the elderly.

**Keywords:** Elderly People, Quality Of Sleep, *Gymnastics Tai Chi*

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