

**THE EFFECT OF GIVING BACK MASSAGE TO INSOMNIA
DECREASING IN POSYANDU'S LANSIA MARSUDI WARAS
JEBRES SURAKARTA**

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ABSTRAC

Background; Along with increasing age in the elderly can cause various kinds of disorders, one of which is a disruption of sleep patterns (Insomnia). Sleep quality in most elderly people tends to change, some complain of difficulty in starting to sleep and go back to sleep when you wake up at night. Based on the results of a survey of 20 out of 50 elderly at the Elderly Marsyudi Waryandu Posy suffer from Insomnia, most of which are caused by anxiety which can result in not relaxing. To reduce insomnia in the elderly, one of them is by giving a back massage. Besides being able to reduce insomnia Back Massage also has an effect on reducing anxiety because the emphasis on certain areas can stimulate dopamine hormone so that it decreases the mood. **Objectives;** This study aims to determine the effect of massage in reducing insomnia in the elderly. **Methods;** This study used a pre-experimental method with a one group pre and post test design research design. Sampling by random sampling. The number of samples in this study were 20 respondents. **Results;** The results of this study are significant $p = 0,000$ ($p < 0.05$), meaning that there is an effect of giving Back Massage to Decreasing Insomnia in the elderly. **Conclusion;** With these results it can be concluded that there is an effect of Back Massage on reducing Insomnia in the elderly.

Keywords: Elderly, Insomnia, Back Massage

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