

ABSTRACT

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| Endah Trie Wahyuni NIM C2015030 Degree Nursing Program | <i>Supervisor:</i> 1. Tri Susilowati, S.Kep, Ns.M.Kep 2. Ida Nur Imamah, M. Kep |
| <i>THE RELATIONSHIP BETWEEN SLEEP NEEDS AND PHYSICAL ACTIVITY IN THE ELDERLY AT THE NURSING HOME DHARMA BHAKTI SURAKARTA</i> | |
| <p>Background: Disability prevalence in the elderly in Indonesia as much as 1.6% experienced total dependence, 1% experienced heavy dependence, 74.3% were able to carry out independent activities, 22% could only do light activities, and 11% were able to carry out moderate activities. Results obtained in Central Java province 1.8% experienced total dependence, 1% experienced severe dependence.</p> <p>Objective: Analyze the relationship between the need for sleep and physical activity in the elderly at the Bhakti Surakarta Dharma Nursing Home. Method: This type of research is quantitative, with an observational analytic method with a cross sectional design, sampling using the purpose sample method with a sample of 44 respondents with a research instrument using a GPAQ (Global physical activity questionnaire) from physical activity. This data analysis uses Fisher Test. Results: Statistical test results on respondents showed pvalue (0.018) <0.05, so that there was a significant relationship between the need for sleep and physical activity.</p> <p>Conclusion: There is a relationship between the need for sleep and physical activity in the elderly at the Surakarta Darma Bhakti Nursing Home.</p> | |
| Keywords: sleep needs, physical activity, elderly | |

