

ABSTRACT

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NIM B2015089
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APPLICATION OF HONEY GRANT TO SLEEP QUALITY IN ELDERLY

Background: Sleeping disorder happening on elderly can be caused by medical or psychological problem. Sometimes it can also be caused by stress impact or the effect of life style like drinking coffee, drinking alcohol, or smoking. The change of sleeping habit on elderly is triggered by the change of center neuron system which brings impact to sleeping management and aging.

Objective: The study was to investigate the effect of elderly sleeping quality before and after being given drink honey therapy at Ketaon Village Banyudono Boyolali.

Research Method: The study was conducted in June 2018 by using pre experimental one group pretest-posttest design. There were 2 samples taken from total samples that had fulfilled inclusion and exclusion criteria. The subjects were given pretest questioners to analyze their sleeping quality, continued by giving drink honey therapy before sleeping during 7 days, and being given posttest questionnaire to investigate the effect of the intervention

Result: Sleeping disorder was experienced by 2 elderly before being given warm water therapy. After doing drink honey therapy, elderly have a significant decrease in sleep quality scale.

Conclusion and Suggestion: Drink honey before going to bed had effect to bad sleeping quality on elderly in Ketaon Banyudono Boyolali. There was decreasing number of respondents who had sleeping disorder after being given therapy.

It is expected that further researchers can choose the location of the study in elderly care, so they can deepen measurement process of sleeping quality on elderly and do applications with a longer duration.

Keywords: Honey, Elderly, Sleep Quality