

**THE APPLICATION OF THE ELDERLY'S GYMNASTIC OR EXERCISE
TO REDUCE SLEEP OR INSOMNIA DISORDERS TOWARD ELDERLY
IN PANTI WERDHA 'AISYIYAH SURAKARTA**

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ABSTRACT

Background ; An elderly is someone whos has already been 60 yaers old or more. Sleep ia a process of changing consciousness that happen repeatedly in a period of time. Meanwhile, overcoming an insomnia, there are 2 ways. First, pharmacologically by using drugs and second, non-pharmacologically by doing an specific gymastic. Elderly gymnastics is a light exercise that is easy to do and notdamning, which can be applied to the eldery. Insomnia is a condition of inability to get adequate sleep, both quality and quantity, with only a short period of sleep or insomnia. **Purpose or aim ;** The research is to describe the results of applying elderly gymnastics to improve the sleep quality of people who suffer sleep disorders or insomnia. **Method ;** The research uses a descriptive method. The instrument or tool used to measure sleep disorders or insomnia is an insomnia rating scale questionnaire consisting of 11 questions and it surveyed before and after the elderly gymnastic. **Results ;** The research that the author did to Mrs. A and Ms. T who are sufferers of sleep disorders or insomnia in Panti Werdha 'Aisyiyah Surakarta. Afterbeing applied ro elderly gymnastics 6 times in 3 weeks. It were found different results, before the elderly gymnastics, Mrs. A with sleep disorders or insomnia's score 30 (Sufficient Insomnia) and Ms. T 29 (Sufficient Insomnia). However, after the elderly gymnastics, the insomnia's score of Mrs. A becomes 22 (Mild Insomnia) and Ms. T becomes 23 (Mild Insomnia). **Conclusion ;** Based on the research, elderly gymnastic is effective to reducing sleep disorders or insomnia

Keywords ; Insomnia, elderly gymnastics, the elderly