ABSTRACT

The rapid progress of development in Indonesia have an impact on increasing life expectancy thus increasing the number of elderly. Elderly is the final stage of life so often experience changes and disturbances, one of which is a sleep disorder or Insomnia. The prevalence of Insomnia in the elderly over 60% but the appearance of this disorder is often overlooked. The purpose of this study was to analyze the risk factors associated with Insomnia in the elderly living at home.

This study was conducted observational case-control study design. Research sites in the Pelayanan Sosial Lanjut Usia Jombang and performed on 40 elderly people. The variables studied were age, sex, psychological, employment history, marital status, social support, lifestyle, chronic disease, sleep hygiene and Insomnia.

Most of the elderly suffering from subtreshold Insomnia with heavy Difficulty Initiating Sleep. Gender (OR = 0.328), marital status (OR = 0.444), smoking (OR = 0.444) and drinking coffee (OR = 0.667) was a protective factor of Insomnia in the elderly. Age (OR = 2.250), social support (OR = 4.846), employment history (OR = 1.256), alcohol consumption (OR = 2.111), depression (OR = 22.667), anxiety (OR = 7.429), stress (OR = 12,000), chronic disease (OR = 6.926) and sleep hygiene (OR = 11,000) is a risk factor for Insomnia. Physical activity (OR = 1.000) is not a risk or protective factor and no association with Insomnia.

The conclusion that can be drawn are predisposing factors may be risk factors, but also as a protective factor Insomnia. Precipitating and perpetuating factors also play a role in the emergence of Insomnia in the elderly. The advice given is to act as coping with depression, anxiety and stress and give more attention to the elderly sleep disorders.

Keywords: Risk, Sleep Hygiene, Psychological, Insomnia, Elderly