

**ABSTRACT****THE EFFECTIVENESS OF EVENING SUNBATH TO IMPROVEMENT  
OF SLEEP QUALITY IN ELDERLY AT GRIYA USILA SAINT (St)  
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Quasy Experimental Research

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Nowadays, decreasing of sleep quality is one of disorders in initiating and maintaining sleep in nighttime sleep occurred in the early elderly (age 60-74 years). It can caused by many factors such as physical illness, lifestyle, emotional, stress, and environment. One of therapy that can be used for improve the quality of sleep in elderly is evening sunbath. The aim of this research was to explain the effectiveness of evening sunbath to improving the sleep quality of elderly.

This study used quasy exsperiment design with pre and post intervention. Population were elderly at Griya Usila St. Joseph Surabaya, 33 elderly were included which devided into two groups (control & intervention). Samples were taken by using total sampling. The independent variable was evening sunbath. The dependent variable was sleep quality in elderly. Data were collected by using PSQI questionnaire (Pittsburgh Sleep Quality Index). Data were then analyzed by using Wilcoxon Sign Rank Test and Mann Whitney test with significant levels  $\alpha \leq 0,05$ .

The results show the effect of evening sunbath can improve the sleep quality in elderly with  $\alpha = 0.000$  and the difference found between the intervention and control groups at  $\alpha = 0.000$ . It can be concluded that there was a significant effect on the provision of evening sunbath to improvement of sleep quality in elderly in Griya Usila St. Joseph Surabaya. It can be used as a modification of nursing intervention to solved sleep disorders in elderly people. Futher research should developed by using another kind of or modify of sunbathing with long duration and then can compare the effectiveness of evening sunbath with another sleep therapy which already exist for increasing the sleep quality of elderly.

**Keywords:** Elderly sleep disorders, evening sunbath