

**ABSTRACT****EFFECT OF WARM WATER FOOT SOAKS ON SLEEP LATENCY  
AND DURATION IN ELDERLY****A Quasi-Experimental Study at Senior House Sinar Abadi , Singkawang,  
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Elderly is a physiological process that causes various changes. One of these changes is sleep disorder. Sleep disorder is often perceived by elderly is sleep latency disorder of more than 15 minutes and sleep duration disorder of less than 5 hours. Many efforts have been attempted to correct sleep disorders in elderly. One of such efforts is soaking the feet in warm water. The aim of this study was to prove that warm water foot soaks can affect sleep latency and duration in elderly.

This was a quasi-experimental study. The population comprised all elderly at Senior House Sinar Abadi, Singkawang, who had sleep disorder. Total sample was 14 respondents, 7 respondents in treatment group and 7 respondents in control groups. The independent variable was warm-water feet soaks. The dependent variable was sleep latency and duration in elderly. Warm-water feet soaks has done for 7 days. Data were collected using questionnaires with Alpha Cronbach's score was 0,704 and analyzed using wilcoxon and mann whitney with  $p < 0.05$ .

Results showed that warm water foot soaks lowered elderly sleep latency in treatment group ( $p=0.03$ ) but did not affect the comparison in control and treatment groups ( $p=0.27$ ). Warm water foot soaks could not increase the elderly sleep duration in treatment groups ( $p=0.08$ ) and did not affect the comparison between control and treatment groups ( $p=0.18$ ).

It can be concluded that warm water foot soaks cannot reduce sleep latency in elderly and cannot increase sleep duration in elderly. Future studies should involve more respondents and longer time.

**Keywords:** warm water foot soaks, sleep disorder, latency, duration