

ABSTRACT

DIFFERENCE OF SLEEP QUALITY AMONG ELDERLY WHO FOLLOWED GYMNASTICS ELDERLY AND CYCLING AT KARANG WERDA MEIDINA BANGKALAN

COMPARATIVE STUDY RESEARCH

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Sleep disorders was a basic phenomenon for elderly life, the incidence increased over age. Sleep disorders caused by depression, increase tiredness, and perception disorders. One of non-pharmacological therapy to overcome sleep disorders or insomnia is sport or physical exercise adjusted by elderly's ability. The purpose of this study was to explain the difference of sleep quality among elderly who followed gymnastics elderly and cycling at Karang Werda Meidina Bangkalan.

Comparative study and purposive sampling technique were used in this study. Inclusion criteria made for this study. There were 16 respondents of gymnastics elderly group and there were 14 respondents of cycling group. Independent variable was gymnastics elderly and cycling, and dependent variable was sleep quality. The instrument of this study was Pittsburg Sleep Quality Index (PSQI) questionnaire and attendance list then analyzed using Chi Square analysis with $p > \alpha$ ($\alpha = 0.05$).

The results showed there was no difference of sleep quality among elderly who followed gymnastics elderly and cycling ($p = 0.715$). Doing gymnastics elderly by regularly keep homeostatic balance, bring relax and happy. Cycling stimulate HPA axis mechanism for making beta endorphin and enkephalin that caused relax and happy. Relax condition, elderly satisfy rest need easier.

It can be concluded that there was no difference of sleep quality among elderly who followed gymnastics elderly and cycling. Both had same amount for exercise routine and good sleep quality. When gymnastics and cycling was started, there was a few elderly didn't do exercise well as CRIFE aptly, this caused effect for physical movements.

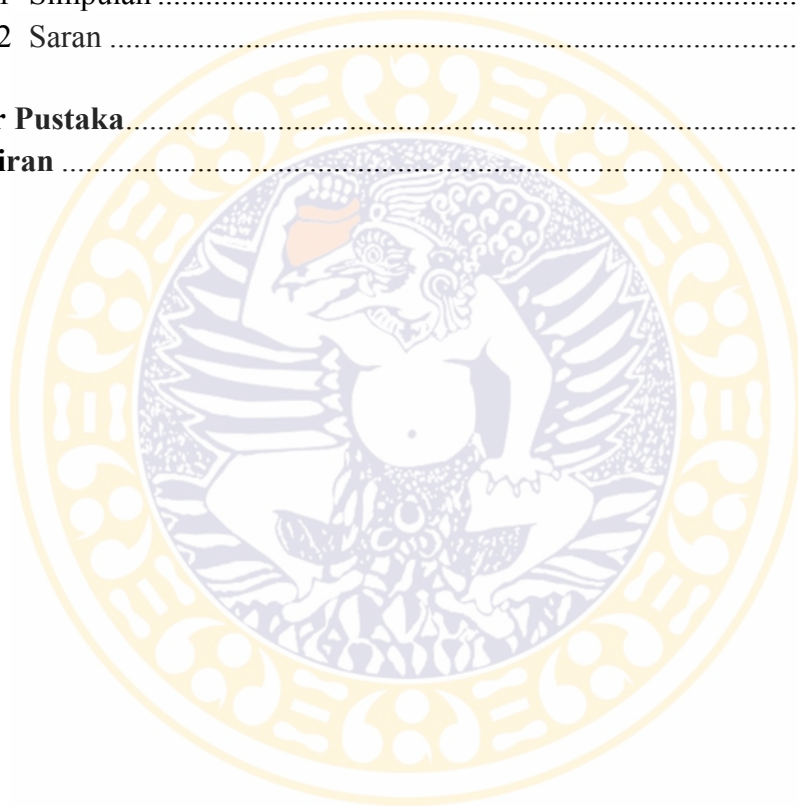
Keyword: sleep quality, elderly, gymnastics elderly, cycling

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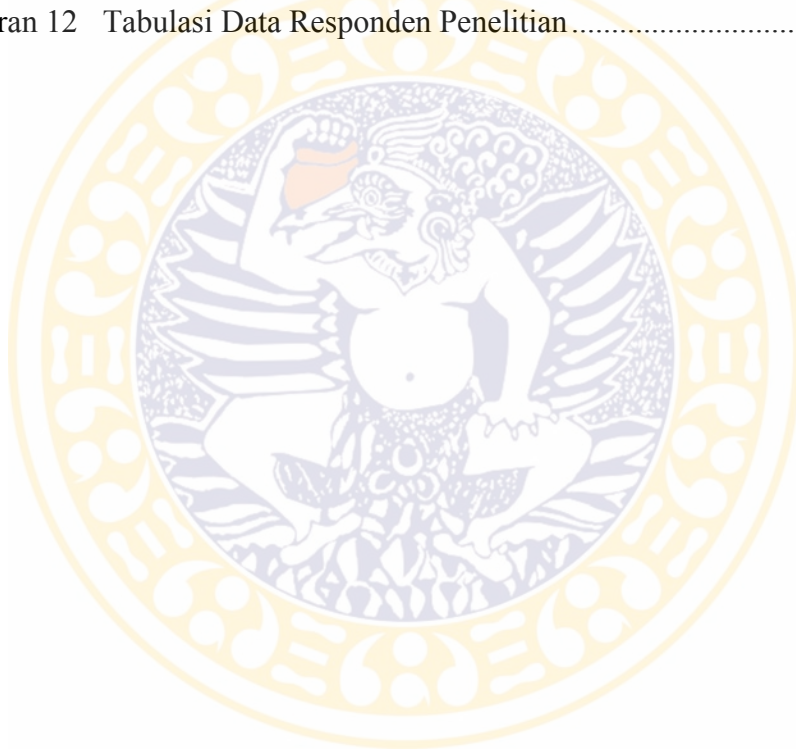
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DAFTAR SINGKATAN

ATP	: <i>Adenosine Triphosphate</i>
BSR	: <i>Bulbar Synchronizing Region</i>
CRIFE	: <i>Continuous Rhythmical Interval Progressive Endurance</i>
WHO	: <i>World Health Organisation</i>
DM	: <i>Diabetes Mellitus</i>
DNA	: <i>Deoksiribonukleat Acid</i>
EEG	: <i>Electroencephalography</i>
EKG	: <i>Electrocardiogram</i>
GH	: <i>Growth Hormone</i>
Kompleks K	: Suatu gelombang <i>diphasic</i> dengan amplitudo tinggi
NREM	: <i>Non Rapid Eye Movement</i>
PLM	: <i>Periode Limb Movement</i>
PPOK	: Penyakit Paru Obstruktif Kronis
PQSI	: <i>Pittsburgh Sleep Quality Index</i>
RAS	: <i>Reticular Activating System</i>
REM	: <i>Rapid Eye Movement</i>
RLS	: <i>Restless Leg Syndrome</i>

