

**ABSTRACT****Effect of Combined Suggestion and Instrumental Music for Improving Sleep Quality  
in Elderly at Griya Lansia Santo Yosef Surabaya****A Quasi-Experimental Study****Cecilia Indri K.**

Sleep quality disorder occurs in early elderly (60-74 years). At Griya Lansia Santo Yosef, Surabaya, there was a high prevalence of sleep quality disorder, where 70 out of 80 elderly women had the disorder. The data indicated the need to modify nursing interventions to assist elderly to improve their sleep quality.

This study used quasi-experimental design. The purpose of this study was to prove the effect of combined suggestion and instrumental music on sleep quality improvement in elderly. Population comprised elderly women who met the population criteria, and the total sample comprised 22 individuals. Samples were taken using total sampling. The independent variable was the provision of combined suggestion and instrumental music. The dependent variable was sleep quality in elderly. This research was carried out for 2 weeks (November 17 - December 2, 2014). Data were collected using PSQI (Pittsburgh Sleep Quality Index) questionnaire, Indonesian translation, which had been tested for reliability, with the results of Alpha Cronbachs 0,753, by Maulida (2011) and for validity by Arifin (2011) to 30 respondents with r table results of 0361. Data analysis used Chi Square Test and McNemar test Test with significance level  $p \leq 0.05$ .

Results showed that combined suggestion and music instrumental had significant effect on sleep quality improvement in elderly with  $p = 0.004$ . It can be concluded that combined suggestion and music instrumental affects sleep quality improvement in elderly at Griya Lansia Santo Yosef Surabaya. This result can be used as a consideration to modify nursing intervention and recommended as an intervention in managing elderly who experience sleep disorder.

**Keywords:** elderly sleep quality, suggestions, instrumental music