

## ABSTRACT

### THE EFFECT OF WUDHU ON SLEEP QUALITY IN INSOMNIA ELDERLY AT FOLK HOUSE PUSPAKARMA MATARAM

#### QUASY EXPERIMENT RESEARCH

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The elderly has sleep quality changes which is caused by the degeneration. Changes in sleep quality can lead to sleep disturbances on elderly such as insomnia. It needs proper treatments, one of them is to get wudhu before going to sleep. The purpose of this study is to determine the effect of wudhu in improving sleep quality in insomnia elderly at Folk House Puspakarma Mataram.

The research design was quasy experiment. The sample technique was non-probability technique with total sampling method. This research subject consisted of 20 elderly people who were insomnia. They were divided into experiment and control groups. The independent variable was wudhu and the dependent variable was the elderly sleep quality. Research instrument used Pittsburg sleep quality index (PSQI). The data analysis used in this research was McNemar and Chi Square statistical test with  $\alpha < 0.05$ .

The results showed the effect of wudhu in elderly sleep quality ( $p = 0.031$ ) and there were significant differences in the treatment group and the control ( $\alpha = 0.003$ ). Water splash and massage on wudhu reduce muscle tension and make body relaxed and can be used as relaxation therapy. It can avoid the elderly from insomnia and lead to good quality sleep.

Wudhu could improve sleep quality in elderly with insomnia at Folk House Puspakarma Mataram. It was recommended to elderly with insomnia to keep applying wudhu to get good sleep quality. Further research was expected to take similar research with more samples and taking observation after giving an intervention.

Keywords: wudhu, sleep quality, elderly, insomnia