

## ABSTRACT

### The Standardization of Elderly Healthy Sleep Needs in Tuban

Descriptive Study

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Elderly requires rest and sleep comfortably every day. One of the main aspects of the health improvement of the elderly is the maintenance of sleep for body function recovery. A healthy sleep will affect the work of melatonin and  $\beta$ -endorphin, as well as other hormones. A standard of healthy sleep needs is important because the elderly will get a reference in their sleep maintenance. This was aimed to explain the healthy sleep needs in the elderly in Tuban.

Design used in this study was descriptive study. Method used to determine this study's location in the Latsari village was multistage sampling method. Affordable population was 27 healthy elderly in the Latsari village. There were 25 respondents selected through simple random sampling. Variables included the need of sleep in elderly, the elderly sleeps quality, and the elderly sleeps quantity. Data was collected using a questionnaire, and analyzed descriptively.

The results showed that as much as 100%, i.e. 25 people had a good sleep needs. A total of 10 people (40%) had a good sleeps quality, and 15 people (60%) had enough sleeps quality. While the sleep quantity of 20 people (80%) was classified as good and 20% or 5 people had enough sleeps quantity.

This study concluded that most elderly in Tuban had a good sleep need, which was the need to sleep at night for 6 hours and sleep during the day for 2 hours. Most elderly in Tuban also had a good quantity of sleep, although most sleeps quality was enough. This happened because the quality of sleep was not only influenced by physical conditions alone but several other factors. Therefore, more study was needed to measure further sleeps quality.

**Keywords: sleep needs, sleep quality, sleep quantity, elderly**