

ABSTRACT
THE INFLUENCE OF MORNING WALKING EXERCISE ON SLEEP
LATENCY AND DURATION IN ELDERLY AT PSTW PUSPA KARMA
MATARAM

Pre – Experimental Study

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Introduction: Elderly will get changing in physical, psychosocial, and spiritual as age 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 improved sleep disorders in elderly. One of such efforts is morning walking exercise. The aim of this study was to prove that morning walking exercise can affect sleep latency and duration in elderly.

Method: This study used pre-experimental design (one group pre-post test design). The population was all of elderly who had sleep disorder. The sampling was total sampling with 20 elderlies as respondents. The independent variable was morning walking exercise and the dependent variables were sleep latency and duration in sleep. Data were collected by using a questionnaire and analyzed using Wilcoxon Signed Rank Test with significant level of $\alpha \leq 0.05$.

Result: Statistical analysis showed that morning walking exercise had a significant effect to decrease sleep latency ($p=0.001$) and improve sleep duration ($p=0.002$) of elderly at PSTW Puspa Karma.

Discussion: Thus, it can be concluded that morning walking exercise decreased sleep latency and improve sleep duration. The next research could do similar research with quasi eksperiment design to get better significant score of intervention which is given

Keywords : morning walking exercise, sleep disorder, latency, duration