

## ABSTRACT

### THE EFFECT OF GROUP MENTORING METHOD ON ELDERLY'S KNOWLEDGE, ATTITUDE, AND PRACTICE ABOUT SLEEP HYGIENE AT PANTI TRESNA WERDHA HARGO DEDALI SURABAYA

Pra-Experimental Research

by: Eli Sazana

Lack of sleep hygiene can affect an elderly's sleep quality. Bad sleep hygiene behavior was influenced by several factors, such as knowledge, attitude, and practice about sleep hygiene. The purpose of this study was to analyze the effect of group mentoring method on elderly's knowledge, attitude, and practice about sleep hygiene at Panti Tresna Werdha Hargo Dedali Surabaya.

This was a pra-experimental research with one-group pre-post test design. Population were elderly at Panti Tresna Werdha Hargo Dedali Surabaya. Sample were 12 respondents, taken by purposive sampling technique. The independent variable was group mentoring method, while the dependent variable were elderly's knowledge, attitude, and practice about sleep hygiene. The data was collected by using questionnaire, then analyzed by using *Wilcoxon Signed Rank Test*, with level of significance  $\alpha = 0.05$ .

Wilcoxon signed rank test had showed that group mentoring method was affected elderly's knowledge ( $p = 0.003$ ), attitude ( $p = 0.003$ ), and practice ( $p = 0.004$ ) significantly.

The results of this study showed group mentoring method can improve sleep hygiene knowledge, attitude, and practice on elderly. Group mentoring method can be used as an alternatives way to improve sleep hygiene behavior on elderly by nurses. Future studies are expected to use a control group and explore other factors which influence elderly's behavior.

**Keywords:** group mentoring, knowledge, attitudes, practice, sleep hygiene, elderly