

ABSTRACT

THE CORRELATION BETWEEN SLEEP HYGIENE AND PHYSICAL FATIGUE WITH THE FULFILLMENT OF THE ELDERLY SLEEP NEEDS THAT TRADES IN AGROBIS MARKET PLAOSAN BABAT LAMONGAN

Cross Sectional Study in Agrobis Store of Plaosan Babat, Lamongan

By: Farida Rohmawati

Bachelor of Nursing Student, Nursing Faculty, Airlangga University
Kampus C Mulyorejo Surabaya 60115 Telp. (031)5913752, Fax.(031)5913257
E-mail: faridarohma6@gmail.com

Introduction: Elder will more easily feel tired though with mild activity, which can affect the process of fulfillment of sleep. Sleep Hygiene is a very effective behavior modification which includes activities that encourage normal sleep that can be done by individuals on a regular basis to achieve normal sleep. **Methods:** this study was aimed to analyzed correlation between Sleep hygiene and physical fatigue with the fulfillment of elderly sleeping needs who trade in Agrobis Market Plaosan Babat Lamongan district. Design used in this study was cross sectional design. The population was all ≥ 60 years old trader in Agrobis Market Plaosan Babat Lamongan district whom deal directly with the clients. Total sampel was 63 respondents, taken according to inclusion criteria. Independent variables are sleep hygiene and physical fatigue. The dependent variable in this study is the fulfillment of sleep needs. **Results:** There is a significant correlation between sleep hygiene and the fulfillment of sleep needs of elderly traders in Agrobis Market Plaosan Babat with the correlation coefficient produced is 0.561. There is a significant correlation or relationship between physical fatigue and the fulfillment of sleep needs of elderly traders in Agrobis Market Plaosan Babat with correlation coefficient produced is 0.324. **Discussion:** Sleep hygiene and physical fatigue with the fulfillment of the elderly sleep needs that trades in Agrobis Market Plaosan Babat Lamongan District has a significant relationship, when the sleep hygiene of someone good, the fulfillment of the need for sleep will be good, so also when a person experiencing severe physical fatigue, the fulfillment of his sleep will decreasing.

Keywords: sleep hygiene, physical fatigue, fulfillment needs of sleep elderly.