

ABSTRACT

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Effectiveness of Tai Chi on Sleep Quality For Elderly In Kelurahan Sukodadi Kecamatan Sukarami Palembang

SKRIPSI

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Background : the prevalence of elderly increase every year. Usually, elderly very easy to wake up at night so that influence Activities of Daily Living (ADL), if this is not addressed, it will have an impact on the physical and psychological disorders of the elderly. To improve the sleep quality so bad, then do Tai Chi because Tai Chi has a slow, calming motion, easy, inexpensive, and safe for elderly.

Aims : For knowing effectiveness of Tai Chi on sleep quality for elderly in Kelurahan Sukodadi Kecamatan Sukarami Palembang

Method : This study used quantitative method with Quasy Exsperiment design with Pre-Post Test Non-Equivalent Control Group approach. The sample in this study amounted to 16 respondents with purposive sampling technique that is 8 for intervention group and 8 for control group. Tai Chi are held for 4 weeks, in 1 week 2x meetings. Data analysis used Wilcoxon and Mann-Whitney test.

Result : The result of this study in the intervention group pre test found 6 elderly (75%) had poor sleep quality and post test found 6 elderly (75%) had good sleep quality. In the control group pre test found 7 elderly (85%) had poor sleep quality and post test found 6 elderly (75%) had poor sleep quality. Wilcoxon test result sleep quality in the intervention group there were differences in pre and post test, and then in the control group there is not differences in pre and post test ($p=0.014$). Mann Whitney test result there is not differences the post test sleep quality between the intervention group and the control group ($p=0.053$). It required to provide regular intervention of Tai Chi so that the sleep quality of elderly increases

Keywords: Tai Chi exercise, sleep quality, elderly