

ABSTRACT

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An overview of family support in fulfilling the rest and sleep of the elderly in the talang jambe village in palembang

Essay

Nursing science study program

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Background: Family support where someone who is already in the old phase really needs the support of his family to fulfill his daily activities as well as fulfill the rest of the elderly sleep. Family support is where the family's actions towards the elderly, attitudes to the family with the elderly who are at home or in the family and family acceptance of the elderly who are sick or healthy.

Objective: to know the description of family support for the fulfillment of elderly rest and sleep in the area of Talang Jambe Palembang.

Method: this type of research is an analytical survey, with cross-sectional research. Research subjects in families who still live with the elderly Palembang city sampling using total sampling with a sample of 55 respondents according to the inclusion criteria.

Results: the results of research on families living with the elderly were at the age of 25-40 years as many as 38 people (69.1%), female sex as many as 37 people (67.3%), educated to as many as 26 people (47.3%). On variable family support in fulfilling elderly sleep with a moderate category of 50 people (90.9%), in the rest variable with a low category of 55 people (100%). And for the elderly sleep variable with a moderate category, as many as 55 people (100%).

Advice: families can pay more attention to the elderly especially to meet the needs of resting and sleeping the elderly so that the needs of the elderly can be met by reminding the elderly of every activity that can disturb the rest and sleep of the elderly at night.

Key words: family support, rest and sleep for the elderly.