APPLICATION OF THERAPEUTIC WARM WATER TO FEED AGAIN INSOMNIA IN THE ELDERLY AT GRIYA PMI SURAKARTA

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ABSTRACT

Background: The population of elderly in Indonesia quite large and was a case of healthy such as insomnia, where the individual not able to sleep that adequate in a quality, so the indiviualy only a sleep for a while or dificult to sleep. Purpose: The research purpose to determine the effect of warm water soak therapy can be dierese insomnia Scale for elderly. Metode: This metode use at research observation and interview, the example in the testimony there are 2 respondent. Instrument of research use the questioner. Result: Mrs. A has light insomnia that it easier started to sleep and Mr. S has light insomnia with increased time to sleep. Conclusion: Ther is a difference subject before or after therapy put in warm water there is a low number of insomnia on Mrs A and Mr S.

Keywords: Insomnia, Elderly, Warm Water Soak Therapy.