

**HUBUNGAN PERASAAN KESEPIAN DAN AKTIVITAS FISIK DENGAN
KUALITAS TIDUR LANSIA DI ILP (INTEGRASI LAYANAN PRIMER)
FLAMBOYAN 02 KARANGSARI ADIPALA.**

*The Relationship Between Feelings Of Loneliness And Physical Activity With The
Quality Of Sleep Of The Elderly At ILP(Primary Service Integration) Flamboyan
02 Karangsari Adipala.*

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ABSTRAK

Lansia yang telah memasuki usia diatas 60 tahun rentan terhadap berbagai penyakit dan juga banyak mengalami perubahan fisik diantaranya perubahan psikologis yang dapat menyebabkan masalah kesehatannya, dan perubahan yang dialami seperti memperburuknya kualitas tidur lansia. Penelitian ini bertujuan untuk mengetahui hubungan antara perasaan kesepian dan aktivitas fisik dengan kualitas tidur lansia di ILP flmaboyan 02 karangsari adipala. Desain penlitian ini adalah penelitian kuantitatif dengan pendekatan korelasional dan rancangan *Cross Sectional*. Jumlah sampel 55 orang dengan total sampling. Data yang diperoleh dilakukan uji *Chi-Square*. Hasil univariat menunjukkan perasaan kesepian lansia berat (43.6%), aktivitas fisik sedang (60.0%), dan kualita tidur lansia menunjukkan buruk (78.2%). Hasil analisa bivariat menunjukkan terdapat hubungan yang signifikan antara perasaan kesepian dan kualitas tidur (p value= 0.033), dan tidak terdapat hubungan yang signifikan antara aktivitas fisik dengan kualitas tidur lansia (p value = 0.328)

Kata kunci : Lansia, Perasaan Kesepian, Aktivitas Fisik, Kualitas Tidur.

ABSTRACT

Elderly people who have entered the age of over 60 years are susceptible to various diseases and also experience many physical changes including psychological changes that can cause health problems, and changes experienced such as worsening the quality of sleep of the elderly. This study aims to determine the relationship between feelings of loneliness and physical activity and sleep quality of the elderly at ILP flmaboyan 02 karangsari adipala. The design of this study is a quantitative research with a correlational approach and a Cross Sectional design. The number of samples was 55 people with a total of sampling. The data obtained was carried out by the Chi-Square test. Univariate results showed severe feelings of loneliness among the elderly (43.6%), moderate physical activity (60.0%), and poor sleep quality of the elderly (78.2%). The results of the bivariate analysis showed that there was a significant relationship between feelings of loneliness and sleep quality (p value = 0.033), and there was no significant relationship between physical activity and sleep quality of the elderly (p value = 0.328)

Keywords: Elderly, Feeling Lonely, Physical Activity, Quality of Sleep.