

**BRAIN GYM EFFECT ON THE ELDERLY WITH INSOMNIA IN
TRESNA WERDHA NURSING NATAR SOUTH LAMPUNG**

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ABSTRACT

Sleep disorder is one of the disease that occur in the elderly, research shown 50 % attack 65 years or older who were living at home and 66% of elderly whom living in long-term facilities. Therapies that can be used for sleep disorders (insomnia) is brain gym. The purpose of this research was to determine the effect of brain brain gym on elderly with insomnia or sleeping disorder. The method in this research is Quasi Experimental Pre - Post Test with brain gym intervention. This research is located at Tresna Werdha Nursing, South Lampung in October 2014. The population used in this study were all elderly in Treshna Wherda Nursing South Lampung Natar, and amounting to 90 people. The sampling method is using total sampling. The statistical analysis in this study is using paired the t-test. The result of this study is the mean value of the score insomnia respondents before given brain gym is 25.5181. The mean score of insomnia respondents after given brain gym is 21.4578. The mean score of insomnia among respondents after given brain exercise is lower than the score of insomnia in the respondents before being given a brain gym with a difference of 4.0603. The conclusion of this study that there is an influence of brain exercises to decrease the score of insomnia in the elderly with p value of 0.000.

Keywords : insomnia, elderly, brain gym