PENERAPAN TERAPI AKUPRESUR UNTUK MENINGKATKAN KUALITAS TIDUR PADA LANSIA

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ABSTRAK

Latar belakang: Proses penuaan menyebabkan perubahan fisiologis yang berdampak pada penurunan kualitas tidur lansia. Gangguan tidur pada lansia ditandai dengan sulit memulai tidur, sering terbangun di malam hari, dan durasi tidur yang kurang optimal sehingga dapat memengaruhi kesehatan fisik maupun psikologis. Salah satu terapi nonfarmakologis yang dapat digunakan untuk membantu meningkatkan kualitas tidur lansia yaitu terapi akupresur.
Tujuan: Menerapkan terapi akupresur untuk meningkatkan kualitas tidur pada lansia dengan gangguan tidur.
Metode: Metode penerapan yang digunakan dalam penyusunan karya tulis ilmiah ini berupa penelitian deskriptif studi kasus dengan pendekatan proses keperawatan. Subjek studi meliputi dua lansia dengan gangguan tidur di wilayah kerja Puskesmas Galur II. Penerapan terapi akupresur dilakukan selama 6 hari berturut-turut pada sore hari dengan penekanan pada titik *EX-HN3, HT7, PC6,* dan *LR3*. Evaluasi kualitas tidur menggunakan kuesioner *Pittsburgh Sleep Quality Index (PSQI)*.
Hasil: Penerapan terapi akupresur selama 6 hari menunjukkan adanya peningkatan kualitas tidur pada kedua klien. Setelah dilakukan terapi, klien mengatakan tidur lebih nyenyak, frekuensi terbangun di malam hari berkurang, dan lebih mudah memulai tidur kembali. Hasil pengukuran menggunakan *Pittsburgh Sleep Quality Index (PSQI)* menunjukkan adanya penurunan skor kualitas tidur pada kedua klien setelah diberikan terapi akupresur.
Kesimpulan: Penerapan terapi akupresur efektif membantu meningkatkan kualitas tidur pada lansia dengan gangguan tidur.
Kata Kunci: akupresur, gangguan tidur, kualitas tidur, lansia.

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APPLICATION OF ACUPRESSURE THERAPY TO IMPROVE SLEEP QUALITY IN ELDERLY

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ABSTRACT

Background: *The aging process causes physiological changes that affect the sleep quality of older adults. Sleep disorders in the elderly are characterized by difficulty initiating sleep, frequent awakenings during the night, and insufficient sleep duration, which may negatively affect both physical and psychological health. One of the non-pharmacological therapies that can be used to help improve sleep quality in the elderly is acupressure therapy.*
Objective: *To implement acupressure therapy to improve sleep quality in elderly patients with sleep disorders.*
Methods: *The method used in this scientific paper was a descriptive case study with a nursing process approach. The subjects consisted of two elderly patients with sleep disorders in the working area of Galur II Public Health Center. Acupressure therapy was administered for 6 consecutive days in the afternoon by applying pressure to the EX-HN3, HT7, PC6, and LR3 acupoints. Sleep quality was evaluated using the Pittsburgh Sleep Quality Index (PSQI) questionnaire.*
Results: *The implementation of acupressure therapy for 6 days showed an improvement in sleep quality in both clients. After the therapy, the clients reported sleeping more comfortably, experiencing fewer awakenings at night, and being able to return to sleep more easily. The results of the Pittsburgh Sleep Quality Index (PSQI) assessment showed a decrease in sleep quality scores in both clients after the acupressure therapy was administered.*
Conclusion: *Acupressure therapy was effective in improving sleep quality among elderly patients with sleep disorders.*
Keywords: *acupressure, elderly, sleep disorders, sleep quality.*

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