

PENERAPAN RENDAM KAKI AIR GARAM HANGAT DALAM MENINGKATKAN KUALITAS TIDUR LANSIA

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ABSTRAK

Latar Belakang: Proses penuaan pada lansia memicu penurunan fungsi fisiologis tubuh yang berdampak pada munculnya berbagai masalah kesehatan, salah satunya gangguan kualitas tidur. Hasil studi pendahuluan di BPSTW Abiyoso DIY menunjukkan sekitar 70% lansia mengalami kualitas tidur yang buruk. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk membantu meningkatkan kualitas tidur lansia adalah rendam kaki air garam hangat yang memberikan efek relaksasi melalui peningkatan sirkulasi darah dan relaksasi otot.

Tujuan: Mengetahui rendam kaki air garam hangat dalam meningkatkan kualitas tidur lansia di BPSTW Abiyoso DIY.

Metode: Karya tulis ilmiah ini menggunakan metode studi kasus deskriptif dengan pendekatan proses keperawatan. Subjek studi kasus terdiri dari dua lansia yang mengalami kualitas tidur buruk. Intervensi dilakukan dengan memberikan rendam kaki air garam hangat 6 kali berturut-turut selama 15 menit pada sore hari. Evaluasi dilakukan dengan mengobservasi perubahan kualitas tidur sebelum dan sesudah intervensi diberikan.

Hasil: Setelah dilakukan rendam kaki air garam hangat, kedua klien mengalami peningkatan kualitas tidur. Hasil pengukuran menggunakan *Pittsburgh Sleep Quality Index (PSQI)* menunjukkan skor klien 1 menurun dari 9 menjadi 4, sedangkan skor klien 2 menurun dari 10 menjadi 4.

Kesimpulan: Rendam kaki air garam hangat efektif sebagai intervensi nonfarmakologis untuk membantu meningkatkan kualitas tidur pada lansia.

Kata kunci: Lansia, Rendam Kaki Air Garam Hangat, Kualitas Tidur, Gangguan Tidur

THE IMPLEMENTATION OF WARM SALT WATER FOOT SOAKS TO IMPROVE SLEEP QUALITY IN THE ELDERLY

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ABSTRACT

Background: The aging process in elderly individuals causes a decline in physiological body functions, leading to various health problems, one of which is poor sleep quality. Preliminary studies conducted at BPSTW Abiyoso DIY showed that approximately 70% of elderly residents experienced poor sleep quality. One of the non-pharmacological interventions that can be used to improve sleep quality in the elderly is warm salt water foot soak therapy, which provides a relaxing effect by improving blood circulation and muscle relaxation.

Objective: To determine the application of warm salt water foot soak therapy in improving sleep quality among the elderly at BPSTW Abiyoso DIY.

Methods: This scientific paper used a descriptive case study method with a nursing process approach. The subjects consisted of two elderly individuals experiencing poor sleep quality. The intervention was carried out by providing warm salt water foot soak therapy six consecutive times for 15 minutes in the afternoon. Evaluation was conducted by observing changes in sleep quality before and after the intervention.

Results: After the implementation of warm salt water foot soak therapy, both clients experienced improved sleep quality. The Pittsburgh Sleep Quality Index (PSQI) scores showed a decrease from 9 to 4 in client 1 and from 10 to 4 in client 2.

Conclusion: Warm salt water foot soak therapy is effective as a non-pharmacological intervention to help improve sleep quality in the elderly.

Keywords: Elderly, Warm Salt Water Foot Soak, Sleep Quality, Sleep Disorders