

ABSTRAK

HUBUNGAN AKTIVITAS FISIK DENGAN KUALITAS TIDUR DAN FUNGSI KOGNITIF LANSIA YANG MENGIKUTI SENAM SANG SURYA DI DESA WANADADI BANJARNEGARA

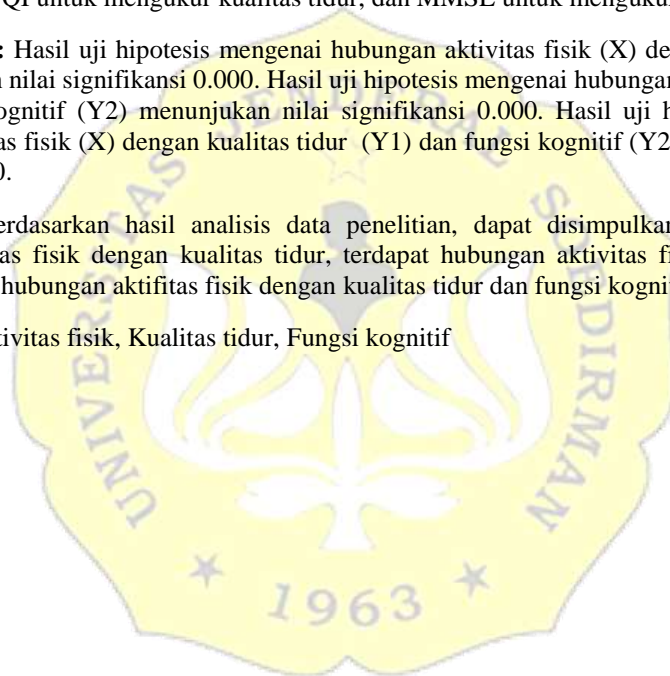
Latar Belakang: Berdasarkan hasil observasi yang telah dilakukan, peneliti mencatat sejumlah lansia mengalami masalah seiring bertambahnya usia, terutama terkait dengan kualitas tidur dan fungsi kognitif. Namun, peneliti juga mencatat bahwa Desa Wanadadi aktif dalam pelaksanaan senam rutin, khususnya senam Sang Surya. Dengan adanya kegiatan aktivitas fisik rutin seperti senam Sang Surya di Desa Wanadadi, peneliti dapat melihat potensi pengaruh positif terhadap kesehatan fisik dan mental lansia dalam mengatasi masalah tersebut. Dari sinilah, peneliti melakukan penelitian untuk mengetahui hubungan aktivitas fisik dalam upaya memperbaiki kualitas tidur dan fungsi kognitif.

Metodologi Penelitian: Penelitian ini menggunakan pendekatan penelitian kuantitatif dengan metode korelasional. Menggunakan *Total Sampling* sebanyak 33 orang, 4 laki-laki dan 29 perempuan. Pengambilan data menggunakan instrumen berupa kuesioner PASE untuk mengukur aktivitas fisik, PSQI untuk mengukur kualitas tidur, dan MMSE untuk mengukur fungsi kognitif.

Hasil Penelitian: Hasil uji hipotesis mengenai hubungan aktivitas fisik (X) dengan kualitas tidur (Y1) menunjukkan nilai signifikansi 0.000. Hasil uji hipotesis mengenai hubungan aktivitas fisik (X) dengan fungsi kognitif (Y2) menunjukkan nilai signifikansi 0.000. Hasil uji hipotesis mengenai hubungan aktivitas fisik (X) dengan kualitas tidur (Y1) dan fungsi kognitif (Y2) menunjukkan nilai signifikansi 0.000.

Kesimpulan: Berdasarkan hasil analisis data penelitian, dapat disimpulkan bahwa; terdapat hubungan aktivitas fisik dengan kualitas tidur, terdapat hubungan aktivitas fisik dengan fungsi kognitif, dan ada hubungan aktifitas fisik dengan kualitas tidur dan fungsi kognitif.

Kata Kunci: Aktivitas fisik, Kualitas tidur, Fungsi kognitif



ABSTRACT

THE RELATIONSHIP OF PHYSICAL ACTIVITY WITH THE QUALITY OF SLEEP AND COGNITIVEFUNCTION OF ELDERLY WHO PARTICIPATE IN SANG SURYA EXERCISES IN WANADADI BANJARNEGARA VILLAGE

Background: Based on the results of observations made, researchers noted that a number of elderly people experienced problems as they got older, especially related to sleep quality and cognitive function. However, researchers also noted that Wanadadi Village actively carries out routine exercise, especially the Sang Surya exercise. By providing routine physical activity such as Sang Surya gymnastics in Wanadadi Village, researchers can see the potential positive influence on the physical and mental health of the elderly in overcoming these problems. This is where researchers conducted research to determine the relationship between physical activity in an effort to improve sleep quality and cognitive function.

Research Methodology: This study uses a quantitative research approach with a correlational method. Using a Total Sampling of 33 people, 4 men and 29 women. Data collection using instruments in the form of PASE questionnaires to measure physical activity, PSQI to measure sleep quality, and MMSE to measure cognitive function.

Research Results: The results of the hypothesis test on the relationship between physical activity (X) and sleep quality (Y1) showed a significance value of 0.000. The results of the hypothesis test on the relationship between physical activity (X) and cognitive function (Y2) showed a significance value of 0.000. The results of the hypothesis test on the relationship between physical activity (X) and sleep quality (Y1) and cognitive function (Y2) showed a significance value of 0.000.

Conclusion: Based on the analysis of research data results, it can be concluded that; there is a relationship between physical activity and sleep quality, there is a relationship between physical activity and cognitive function, and there is a relationship between physical activity and sleep quality and cognitive function.

Keywords: Physical activity, sleep quality, cognitive function

