



## Counseling on Elderly about Gymnastics to Improve Sleep Quality of The Elderly



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### Abstract

Elderly (elderly) is the final stage of development in the human life cycle which is a natural process that cannot be avoided, runs continuously, and continuously. As they get older, the elderly certainly experiences changes physically, psychologically, socially and spiritually. The cause of these changes can interfere with sleep quality. The level of physical ability that has decreased is very influential on the quality of sleep of the elderly. The purpose of this community service was to convey important information to maintain health for the elderly by routinely carrying out sports such as elderly gymnastics, so that the elderly can carry out normal activities. The method was counseling for the population group of all elderly at the Sereh Village Posyandu as many as 32 people. The result showed that there was an increase in knowledge about the elderly.

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## INTRODUCTION

According to the Directorate General of Population and Civil Registration (Dukcapil), there were 30.16 million elderly people in Indonesia in 2021. If broken down again, as many as 11.3 million people (37.48%) elderly population aged 60-64 years. Then there are 7.77 million (25.77%) aged 65-69 years. After that, there are 5.1 million people (16.94%) aged 70-74 years, and 5.98 million (19.81%) aged over 75 years. The Ministry of Health projects that the number of elderly people will increase to 42 million people (13.82%) in 2030, and will increase again to 48.2 million people (13.82%) in 2035 (Dukcapil, 2021). The increase in the number of elderly every year, of course, will be followed by an increase in elderly problems, both physical and even psychic. Elderly are people in a phase who experience changes in their biological systems based on structure and function so that they affect the degree of health. Increasing age is always characterized by a decrease in biological functions seen from cognitive abilities such as forgetfulness, memory of places, rooms, and time and difficulty accepting new ideas that continue to develop (Reda A. Lukmana et al, 2020).

The quality of sleep disorders is sleep experienced by sufferers with symptoms of always tired throughout the day, as well as continuously. One of the changes that occur in the elderly physical changes in the nervous system that can cause disturbed sleep disorders, these needs increase sleep needs in the elderly can be done in several ways, one of which is with elderly gymnastics that can reduce optimal melatonin secretion and the influence and influence of beta-endhoprin and help in improving the fulfillment of sleep needs of the elderly (Miratu Megasari, 2017). Sleep quality is a sleep condition carried out by an individual to produce freshness and fitness when waking up (Egeria Dorina Sitorus et al, 2020). One way of handling to improve sleep quality is to do elderly gymnastics and maintain good

elderly health that is care, treatment, healthy lifestyle (Miratu Megasari, 2017). Sports are very good to do, especially by the elderly so that blood flow becomes smooth, one of the good sports done by the elderly is elderly gymnastics. In old age the power of the heart pumping machine decreases. Various special important blood vessels in the heart and brain experience stiffness. With physical exercise or gymnastics can help the strength of the heart pump to increase, so that blood flow can be diluted again (Erika D. Noorratri et al, 2022).

The counseling conducted at the Sereh village elderly posyandu was obtained by 32 elderly people and there was an increase in knowledge to the elderly. The purpose of service to the elderly community is to convey important information to maintain health for the elderly by routinely carrying out sports such as elderly gymnastics, so that the elderly can carry out normal activities.

## METHOD

This activity will be carried out on Thursday, December 7, 2023 at 08.00-11.30, located in the village Sereh RW 007. Community service carried out in the elderly community is carried out with a series of activities offered to the elderly community as an intervention for problems in the elderly posyandu in Sereh village while increasing the empowerment of the elderly health status.

Some of the activities that had been carried out are as follows: 1) Health counseling on the benefits of elderly gymnastics on improving the quality of sleep of the elderly and can increase the knowledge of the elderly in preventing health problems, 2) Doing elderly gymnastics in the yard of the house of Sereh Sentani Village, Jayapura Regency with elderly posyandu members. The activities were carried out by playing videos of elderly gymnastics. The activities were carried out in the elderly posyandu kampung lemongrass so that it can help to improve sleep quality of the elderly.

**RESULT**

Community service activities were carried out at the posyandu of Sereh Sentani village, Jayapura Regency with a series of activities

**Table 1: Series of Counseling Activities for Elderly Gymnastics to Improve Sleep quality of the elderly (n = 32 people)**

Stages	Time	Activities	
		Executive	Participants
Unveiling	5 minutes	1. Say a greeting 2. Introduce yourself 3. Explain the purpose of PKM activities	1. Answering greetings 2. Listen
Inti	30 minutes	1. Submission of material on: 2. Understanding Elderly Gymnastics 3. Purpose of Elderly Gymnastics 4. The relationship between elderly gymnastics and sleep quality 5. Giving videos and doing Elderly Gymnastics	1. Listen 2. Do
Cover	10 minutes	1. FAQs related to the material 2. Closure	1. Listen 2. Answering greetings

**Table 2: Characteristics of respondents by age**

Age range	Events	Presentation (%)
55-59	8	25
60-64	10	31
65-69	6	19
70-74	4	13
75-79	2	6
80-84	2	6
<b>total</b>	<b>32</b>	<b>100</b>

Sumber: Data primer

Based on the results of descriptive analysis, the age of respondents is mostly in the age range of 60-64 years as much as 31% (10 elderly)

**Table 3: Gender**

Gender	Frequency	Presentation (%)
<b>Man</b>	10	31
<b>Woman</b>	22	69
Total	32	100

Source: Data primer

Based on the results of descriptive analysis, the gender of all respondents were women, namely 69% (22 elderly), while men 31% (10 elderly).

**Tabel 3: Education**

Education	Frequency	Presentation (%)
SD	6	19
SMP	8	25
SMA	14	44
Bachelor	4	12
Total	32	100

Source: Data primer

Based on the results of descriptive analysis, respondents' education is mostly high school, which is 44% (14 elderly).

### **Counseling on Elderly about Gymnastics to Improve Sleep quality of the elderly Posyandu Kampung Sereh Sentani**



Picture 1. Counseling material presentation activities

The opening activity carried out in this counseling was Counseling on Elderly about Gymnastics to Improve Sleep quality of the elderly Posyandu, Elderly Village, Lemongrass, Sentani Regency. The activity was carried out on Thursday, December 7 at 08:00-11:30 WIT, located in the village of lemongrass RW 007. This activity was attended by 32 cadres of the lemongrass village posyandu and the elderly who aimed to increase the knowledge and understanding of the elderly in the sereh village elderly posyandu, regarding the benefits of elderly gymnastics on the level of sleep quality of the elderly. Elderly sleep disorders can interfere with the fitness and freshness of the elderly body during the day, if not handled or prevented can interfere with the daily functional activities of the elderly. So that counseling activities are carried out considering the many changes in various organs experienced by the elderly.

#### **Tension Check**



Picture 2. Tension check activities

Then the tension check activity is an important point of activity followed by members of the elderly posyandu kampung lemongrass in helping to make the activity successful. Activities are carried out after the delivery of material. Participants in this activity were followed by all elderly members of the posyandu Kampung Sereh Sentani.

### Elderly Gymnastics



Picture 3. Elderly gymnastics activities

Then the activity of checking tension and gymnastics is an important point of activity followed by members of the elderly posyandu kampung lemongrass in helping to make the activity successful. The elderly community is so enthusiastic about the gymnastics provided that they ask for videos so they can repeat it at home. The members of the elderly posyandu kampung serih can understand the material presented by answering the questions that have been asked.

Counseling materials in the form of Elderly Gymnastics to Improve Sleep Quality in Lansai by using leaflets, videos and doing elderly gymnastics. The counseling participants also received enough food as well as Leaflets and Videos about Elderly Gymnastics.

### DISCUSSION

The implementation of community service activities carried out to the Elderly Community about Elderly Gymnastics to Improve Sleep quality of the elderly monitors the increase in knowledge. The result is, after education using leaflets and videos, there is an increase in knowledge in the elderly. Then the implementation of providing education to the elderly (counseling) runs smoothly also according to the predetermined time. The community service activities were carried out with the initial stage of assessment on the knowledge of the elderly then Counseling on Elderly about Gymnastics to Improve Sleep quality of the elderly, then given time to the elderly to explore the material after that review the knowledge of the elderly. So that it was found that some elderly people experienced increased knowledge about Elderly Gymnastics.

### CONCLUSION

Community service activities in the form of providing education about Elderly Gymnastics to Improve Sleep quality of the elderly that had been carried out have found that some elderly had increased knowledge.

### SUGGESTION

Advice for the elderly or the community can apply elderly gymnastics as one of the treatments to improve sleep quality of the elderly.

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#### **CONFLICTS OF INTEREST**

We have no conflict of interest to disclose. All authors certify that they have no conflict of interest.

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