**PENERAPAN TEKNIK RELAKSASI MASSAGE KAKI TERHADAP POLA TIDUR INSOMNIA DENGAN LANSIA DI WILAYAH**

**KERJA PUSKESMAS PUTRI AYU KOTA JAMBI**

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ABSTRAK

**Latar Belakang** : Insomnia adalah suatu keadaan ketika seseorang mengalami kesulitan untuk tidur atau tidak dapat tidur dengan nyenyak. Rata rata setiap orang pernah mengalami insomnia sekali dalam hidupnya. Insomnia tak hanya kondisi sulit tidur, tapi juga seluruh gangguan tidur, seperti sering terjaga saat tidur, sulit memulai tidur, hingga tak bisa mencapai kualitas tidur yang normal. Insomnia pada lansia disebabkan oleh beberapa faktor, yaitu faktor status kesehatan, penggunaan obat-obatan, kondisi lingkungan, stress psikologis, diet/nutrisi, gaya hidup menyumbangkan insomnia pada usia lanjut. Lansia mengalami gangguan tidur yang disebabkan oleh gabungan banyak faktor, baik fisik, psikologis, pengaruh obat – obatan, kebiasaan tidur, maupun penyakit lain yang diderita. Lanjut usia merupakan periode akhir dalam kehidupan manusia dimana seseorang mulai mengalami perubahan dalam hidupnya yang ditandai adanya perubahan fisik, kelemahan, meningkatnya kerentanan terhadap penyakit, serta perubahan fisiologi yang terjadi.

**Tujuan :** Untuk mengetahui gambaran teknik relaksasi massage kaki terhadap insomnia dengan lansia.

**Hasil :** Hasil penelitian ini didapatkan setelah dilakukan penerapan teknik massage kaki terhadap pola tidur insomnia dengan lansia selama 5 hari, terjadi penurunan insomnia dengan sebelum di lakukan Ny. F masih insomnia dan sudah dilakukan Ny. F 100 % tidak insomnia kembali.

**Kesimpulan :** Penerapan teknik relaksasi massage kaki terhadap pola tidur insomnia dapat di terapkan dan dapat meningkat pengetahuan.

**Saran :** Diharapkan penelitian ini dapat di jadikan sebagai acuan dan motivasi dalam melakukan penerapan teknik massage kaki terhadap pola tidur insomnia dengan lansia di Wilayah Kerja Puskesmas Putri Ayu Kota Jambi.

**Kata Kunci** : Massage kaki, insomnia, lansia.

**Daftar Pustaka** : (2011-2017)

**APPLICATION OF FEET MASSAGE RELAXATION TECHNIQUES TO INSOMNIA SLEEP PATTERNS WITH THE ELDERLY IN THE WORK AREA OF PUTRI AYU PUSKESMAS**

**JAMBI CITY IN 2021**

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ABSTRACT

**Background** : Insomnia is a condition when a person has difficulty falling asleep or is unable to sleep well. The average person has experienced insomnia once in his life. Insomnia is not only a condition of difficulty falling asleep, but also all sleep disorders, such as frequently waking up during sleep, difficulty initiating sleep, and unable to achieve normal sleep quality. Insomnia in the elderly is caused by several factors, namely health status factors, use of drugs, environmental conditions, psychological stress, diet/nutrition, lifestyle contributing to insomnia in the elderly. The elderly experience sleep disorders caused by a combination of many factors, both physical, psychological, the influence of drugs, sleep habits, and other illnesses suffered. Elderly is the final period in human life where a person begins to experience changes in his life which are marked by physical changes, weakness, increased susceptibility to disease, and physiological changes that occur. The elderly experience sleep disorders caused by a combination of many factors, both physical, psychological, the influence of drugs, sleep habits, and other illnesses suffered. Elderly is the final period in human life where a person begins to experience changes in his life marked by physical changes, weakness, increased susceptibility to disease, and physiological changes that occur. The elderly experience sleep disorders caused by a combination of many factors, both physical, psychological, the influence of drugs, sleep habits, and other illnesses suffered. Elderly is the final period in human life where a person begins to experience changes in his life which are marked by physical changes, weakness, increased susceptibility to disease, and physiological changes that occur.

**Objective** : To find out the description of foot massage relaxation techniques for insomnia with the elderly.

**Results** : The results of this study were obtained after applying foot massage techniques to insomnia sleep patterns with the elderly for 5 days, there was an increase in the decrease in insomnia before Ny. F is still insomnia and has been done by Mrs. F 100% no insomnia returns.

**Conclusion** : he application of foot massage relaxation techniques to insomnia sleep patterns can be applied and can increase knowledge.

**Suggestion :** It is hoped that this research can be used as a reference and motivation in applying foot massage techniques to insomnia sleep patterns with the elderly in the Putri Ayu Health Center Work Area, Jambi City.

**Key Words** : Foot massage, insomnia, elderly.

**References** : (2019-2020)