

PENGARUH MASSAGE KAKI TERHADAP INSOMNIA PADA LANSIA DI DESA UTAMA KECAMATAN CIJEUNGJING KABUPATEN CIAMIS JAWA BARAT TAHUN 2023

Putri Listianti Wandasari¹, Elis Noviati², Heni Heryani³

¹Mahasiswa STIKes Muhammadiyah Ciamis

^{2,3}Dosen STIKes Muhammadiyah Ciamis

*E-mail: putrilistianti2212@gmail.com

INTISARI

Latar Belakang: Masalah yang sering dialami oleh lanjut usia salah satunya insomnia. Menurut WHO kejadian insomnia di dunia pada lansia mencapai 67%. Indonesia mencapai 9,6%. Jawa Barat diperkirakan 1 dari 3 orang mengalami insomnia atau kesulitan tidur menunjukkan nilai yang cukup tinggi jika dibandingkan dengan penyakit lainnya. Dampak Insomnia pada lansia yaitu mengantuk berlebihan di siang hari, gangguan atensi dan memori, mood, depresi, sering terjatuh, penggunaan hipnotik yang tidak semestinya dan penurunan kualitas hidup. Salah satu terapi non farmakologi untuk mengatasi insomnia pada lansia adalah dengan *massage* kaki. **Tujuan :** Untuk mengetahui pengaruh *massage* kaki terhadap insomnia pada lansia di Desa Utama Kecamatan Cijeungjing Kabupaten Ciamis Jawa Barat. **Metode :** Metode penelitian yaitu kuantitatif dengan rancangan penelitian *pre eksperimen* dengan desain *one group pretest posttest*. Populasi semua lansia yang berada di Desa Utama sebanyak 69 orang. Teknik pengambilan sampel menggunakan *purposive sampling* sehingga didapatkan sampel sebanyak 15 orang lansia. Instrumen penelitian berupa SOP tentang *massage* kaki dan kuesioner tentang insomnia. Analisis data menggunakan analisa univariat dan bivariat dengan uji statistik menggunakan uji *Wilcoxon*. **Hasil penelitian :** Kejadian insomnia pada lansia sebelum diberikan *massage* kaki sebagian besar responden berkategori ringan yaitu sebanyak 11 lansia (73,3%). Kejadian insomnia pada lansia setelah diberikan *massage* kaki hampir seluruh responden berkategori normal yaitu sebanyak 12 lansia (80,0%). Hasil uji statisik dengan uji *Wilcoxon* didapatkan $p = 0,002 < \alpha = 0,05$ (5%). **Kesimpulan:** Terdapat pengaruh *massage* kaki terhadap insomnia pada lansia di Desa Utama Kecamatan Cijeungjing Kabupaten Ciamis Jawa Barat. Diharapkan lansia selain melakukan *massage* kaki juga menjaga pola hidup yang teratur untuk meminimalisir kejadian insomnia pada lansia serta untuk keluarga lansia dapat mempelajari *massage* kaki sehingga dapat melakukan *massage* kaki pada lansia.

Kata Kunci *Massage* Kaki, Lansia, Kejadian Insomnia

**THE EFFECT OF FOOT MASSAGE ON INSOMNIA IN THE ELDERLY
IN UTAMA VILLAGE, CIJEUNGJING SUB-DISTRICT,
CIAMIS DISTRICT, WEST JAVA, 2023**

Putri Listianti Wandasari¹, Elis Noviati², Heni Heryani³

¹Student of STIKes Muhammadiyah Ciamis

^{2,3}Lecturer of STIKes Muhammadiyah Ciamis

*E-mail: putrilistianti2212@gmail.com

ABSTRACT

Background: One problem that is often experienced by the elderly is insomnia. According to WHO the incidence of insomnia in the world in the elderly reaches 67%. Indonesia reached 9.6%. In West Java, it is estimated that 1 in 3 people experience insomnia or difficulty sleeping, which shows a fairly high value when compared to other diseases. The impact of insomnia on the elderly is excessive sleepiness during the day, impaired attention and memory, mood, depression, frequent falls, inappropriate use of hypnotics and decreased quality of life. One of the non-pharmacological therapies to treat insomnia in the elderly is foot massage.

Objective: To determine the effect of foot massage on insomnia in the elderly in Main Village, Cijeungjing District, Ciamis Regency, West Java. **Method:** The research method is quantitative with a pre-experimental research design with the one group pretest posttest design. The population of all elderly people in the Main Village is 69 people. The sampling technique used purposive sampling so that a sample of 15 elderly people was obtained. The research instruments were SOP on foot massage and a questionnaire on insomnia. Data analysis used univariate and bivariate analysis with statistical tests using the Wilcoxon test. **The results of the study:** The incidence of insomnia in the elderly before being given foot massage, most of the respondents were in the mild category, namely 11 elderly (73.3%). The incidence of insomnia in the elderly after being given foot massage almost all respondents were in the normal category, namely 12 elderly (80.0%). Statistical test results with the Wilcoxon test obtained $p = 0.002 < \alpha = 0.05$ (5%).

Conclusion: There is an effect of foot massage on insomnia in the elderly in Main Village, Cijeungjing District, Ciamis Regency, West Java. It is hoped that the elderly besides doing foot massage will also maintain a regular lifestyle to minimize the incidence of insomnia in the elderly and for elderly families can learn foot massage so they can do foot massage in the elderly.

Keywords Foot Massage, Elderly, Insomnia