ABSTRACT

DIFFERENCES IN THE EFFECT OF AEROBIC EXERCISE AND RESISTANCE EXERCISE TO SLEEP QUALITY ELDERLY IN POSYANDU MENUR XX

Maya Mukti Habbil Hasanah, Asita Rohmah Mutnawasitoh

mayamuktii20@gmail.com

Universitas Aisyiyah Surakarta

Background: Aging causes physiological changes in the body characterized by decreased organ and nervous system function, which impacts sleep quality. Sleep quality is an indicator of maintaining a person's physical, psychological, and social health. Sleep disorders in the elderly become a crucial health issue as the aging process progresses. Physical activities such as aerobic exercise and resistance exercise have the potential to help improve sleep quality. **Objective:** To determine the difference in the effect of *Aerobic Exercise* and *Resistance Exercise* on sleep quality for the elderly at the Menur XX **Method:** This study used a quasi-experimental two-group test design with a pre-test and post-test. This study was conducted at the Menur XX in Jebres, Surakarta, with a sample of 52 respondents. Sleep quality was measured using the *Pittsburgh Sleep Quality Index* (PSQI). **Results:** The Wilcoxon influence test showed that there was an influence in the *Aerobic Exercise* groub with a sig vvalue of 0.003 and a sig value of 0.001 in the *Resistance Exercise* group. Analysis of the difference in effect using the Mann-Whitney test showed a significance value of 0.010 ($p<0.05$). Conclusion: There is a difference in the effect of *Aerobic Exercise* and *Resistance Exercise* on sleep quality for the elderly at the Menur XX.

Keywords: Elderly, *Aerobic Exercise, Resistance Exercise*, Sleep Quality, PSQI