

**HUBUNGAN AKTIVITAS FISIK DENGAN KUALITAS TIDUR PADA  
LANSIA DI DESA MAS, KECAMATAN UBUD, KABUPATEN GIANYAR,**

**BALI**

**Oleh**

**Ni Putu Putri Anggita Sari, NIM 2118011023**

**Program Studi Kedokteran**

**ABSTRAK**

Kualitas tidur menurun seiring bertambahnya usia berkaitan dengan proses penuaan. Hal tersebut menyebabkan keluhan tidur umum dialami oleh para lansia. Kualitas tidur yang buruk akan menurunkan kualitas hidup yang berkaitan dengan kesehatan fisik dan mental pada lansia. Peningkatan persentase jumlah lansia di Bali dari tahun ke tahun berpotensi membawa beban besar terhadap masalah kesehatan yang berkaitan dengan tidur. Berbagai penelitian sebelumnya menyatakan bahwa aktivitas fisik dapat meningkatkan kualitas tidur. Penelitian ini dilakukan pada lansia yang bertujuan untuk menganalisis hubungan aktivitas fisik dengan kualitas tidur. Data perimer dikumpulkan pada bulan Agustus 2024. Penelitian ini menggunakan desain *cross sectional* dengan jumlah sampel 70 orang lansia. Data aktivitas fisik diukur menggunakan kuesioner *Physical Activity Scale for Elderly* (PASE) dan kualitas tidur diukur dengan kuesioner *Pittsburgh Sleep Quality Index* (PSQI). Berdasarkan hasil uji *Chi Square* tabel kontingensi 2x2 diperoleh *p-value* 0.428 ( $p > 0.05$ ), sehingga dapat disimpulkan tidak terdapat hubungan yang signifikan antara aktivitas fisik dan kualitas tidur pada lansia di Desa Mas, Kecamatan Ubud, Kabupaten Gianyar, Bali.

**Kata – kata kunci:** aktivitas fisik, kualitas tidur, lansia

**THE CORRELATION OF PHYSICAL ACTIVITY AND SLEEP QUALITY  
AMONG THE ELDERLY IN MAS VILLAGE, UBUD DISTRICT,  
GIANYAR REGENCY, BALI**

**Submitted By**

**Ni Putu Putri Anggita Sari, Student ID Number 2118011023**

**Undergraduate Program in Medicine**

**ABSTRACT**

Sleep quality declines with age in relation to the aging process. This causes sleep complaints to be commonly experienced by the elderly. Poor sleep quality will reduce the quality of life related to physical and mental health in the elderly. The increase in the percentage of elderly people in Bali from year to year has the potential to carry a large burden of sleep-related health problems. Various previous studies have stated that physical activity can improve sleep quality. This study was conducted in the elderly which aims to analyze the relationship between physical activity and sleep quality. Perimer data were collected in August 2024. This study used a cross sectional design with a sample size of 70 elderly people. Physical activity data was measured using the Physical Activity Scale for Elderly (PASE) questionnaire and sleep quality was measured using the Pittsburgh Sleep Quality Index (PSQI) questionnaire. Based on the results of the Chi Square test 2x2 contingency table obtained a p-value of 0.428 ( $p > 0.05$ ), so it can be concluded that there is no significant relationship between physical activity and sleep quality in the elderly in Mas Village, Ubud District, Gianyar Regency, Bali.

**Keywords:** Physical activity, sleep quality, elderly