

## **CORRELATION BETWEEN THE LEVEL OF ANXIETY WITH SLEEP QUALITY ELDERLY AT PSTW SENJARAWI BANDUNG CITY IN 2018**

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### **Abstract**

**Background:** Symptoms of anxiety are a feeling of anger, anxiety, panic and sleep quality decreased. Preliminary study that in PSTW parance Bandung City there are 70 people. The phenomenon in the orphanage is elderly feel anxious that shown by elderly behavior such as anxiety, irritability and elderly sleep quality decreased. The aimed of this study to was determine correlation the level of anxiety with sleep quality elderly at PSTW Senjarawi Bandung City 2018. **Subjects and Methods:** Type of descriptive correlative research with Cross Sectional Approach. The population used was total sampling technique is 70 people. The research instrument to was Pittsburgh Sleep Quality Indeks (HAR-S) is anxiety and Pittsburgh Sleep Quality Indeks (PSQI) variable is sleep quality variable. Data analysis was done by univariate for percentage and bivariate using spearman rank. **Results:** showed that 44.3% had moderate anxiety, 68.6% of elderly had poor sleep quality and there was an association between anxiety level and sleep quality in elderly (p-value 0,000 &  $r = 0.46$ ). **Conclusion:** This research can be concluded in accordance with specific objectives, namely: Obtained 44.3% of the elderly at PSTW Senjarawi, Bandung, experienced moderate anxiety, 68.6% of the elderly in PSTW Senjarawi Bandung city had bad sleep quality. There is a significant correlation between the level of anxiety and sleep quality in the elderly (p-value 0,000 &  $r = 0.46$ ). Suggestions for panti can provide activities to the elderly, such as elderly gymnastics, health education, in order to reduce the level of anxiety and poor sleep quality.

*Keyword: Anxiety, Sleep Quality Decreased, Behavior*

