

## ABSTRACT

### **The Correlation Between Family Support with Self Care Management of The Elderly with Sleep Disorders**

A Correlation Study in Gembongan, Gedeg, Mojokerto

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Elderly at risk of sleep disorders caused by the decline in physical and mental abilities. One of sleep disorder management is self care management. Family support can help the elderly carry out self care management of sleep disorders. Family support is given in the form of emotional, appreciation, instrumental, and information support. This study was aimed to analyze the relationship between family support with self-care management of the elderly with sleep disorders.

Design used in this study was a correlational study. The population was 26 elderly with sleep disorder listed at Elderly Posyandu Gembongan, Gedeg, Mojokerto. Respondents are 25 selected through a purposive sampling. The independent variable was family support that obtained through questionnaire. The dependent variable was self-care management of the elderly with sleep disorders that obtained through structured questionnaire form. Data were analyzed by Spearman's Rho with a significance level of  $< 0.05$ .

The results of the correlation test showed  $p = 0.018$  and  $r = 0.469$ . So, the results showed that there is a correlation between family support with self-care management of the elderly with sleep disorders.

It can be concluded that the correlation between the two variables is strong enough. Family support effect on self-care management of the elderly with sleep disorders. Therefore, more research is needed to involving the family in improving self-care management of the elderly with sleep disorders.

**Keywords:** family support, self-care management, elderly with sleep disorders