



A STUDY TO ASSESS THE EFFECTS OF NURSING INTERVENTION ON QUALITY OF SLEEP AMONG ELDERLY PEOPLE WITH SLEEP DISTURBANCE RESIDING IN SELECTED OLD AGE HOMES AT AGRA, UTTAR PRADESH

¹Dr. Peter Jasper Youtham and ² Mr. Abhishek Sharma

¹Research Guide, ²Ph.D. Scholar

Background:

Sleep is an important component for establishing a proper physical, mental and emotional well-being of an individual. It is a highly complex and organized phenomenon and its structure tend to change with advancing age. The consequences of chronic sleep problems are considerable among older adults. It highlights the importance of treating sleep problems in the elderly. The non-pharmacological interventions can be the better choice to manage sleep problems in elderly.

Objective: To evaluate the effectiveness of nursing intervention on quality of sleep among elderly people with sleep disturbance.

Methods: The study design was quasi experimental, non-randomized, pretest posttest, control group design. A total of 180 participants, 90 in each experimental and control group were included. Quality of sleep was assessed by Pittsburgh Sleep Quality Index. The nursing intervention used for this study includes Sleep Hygiene Education and Progressive Muscle Relaxation. The elderly people in experimental group received 16 weeks of nursing intervention including one week learning session and 15 weeks practice session.

Results: There was a highly significant difference between the control group and experimental group on overall sleep quality ($p<.001$) and also there was a significant difference in all the components of quality of sleep. **Conclusion:** Sleep disturbance is common among elderly. In geriatric population with sleep disturbance, sleep hygiene education and progressive muscle relaxation are the effective means of interventions in improving their quality of sleep.

CONCLUSION

The study findings further concluded with promotion for the scientific knowledge regarding infertility. It requires hard efforts to make the men aware about the infertility and their issues. The interpretation was drawn by the researcher was that men are not getting the proper information on the infertility condition as there was lack of accessible resources leading to lack of knowledge and scientific information on what are various causes of infertility and specially in men than in female because science ancient era females are held responsible for the infertility but we as health care professionals and eradicate these myths by imparting the correct information through proper channel.

REFERENCES –

1. Mascarenhas MN, Flaxman SR, Boerma T, et al. National, regional, and global trends in infertility prevalence since 1990: a systematic analysis of 277 health surveys. *PLoS Med* 2012;9(12):e1001356. doi: 10.1371/journal.pmed.1001356 [published Online First: 2012/12/29]
2. Gnoth et al. (2003) Time to pregnancy: result of the German prospective study and impact on the management of infertility. *Human Reproduction* 2003 Sep;18(9):1959-66
3. World Health Organization (WHO). International Classification of Diseases, 11th Revision (ICD-11) Geneva: WHO 2018
4. Centers for Disease Control and Prevention (CDC) 5. WHO (2020) statistics report on global public health issue on the infertility.