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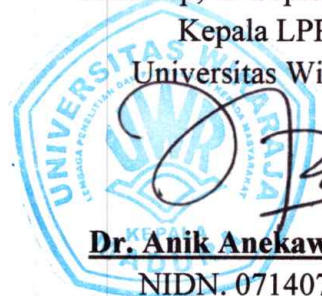
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# ELDERLY SLEEP QUALITY IN CROSSCULTURAL PERSPECTIVE

*by Syaifurrahman Hidayat*

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# **ELDERLY SLEEP QUALITY IN CROSSCULTURAL PERSPECTIVE**

**Syaifurrahman Hidayat**





## BACKGROUND

- Sleep disorders in the elderly are influenced by several factors, including primary sleep disorders such as sleep apnea and periodic sleep disorders.
- Around 50% of the elderly had poor sleep quality.
- Culture in the community is closely related to several activities in the concept of healthy illness in the elderly.
- Culture can become a tradition that can respond to elderly health problems



## METHODS

- Literature study for 2017-2020,
- Data were obtained from databases including Science Direct, ProQuest, Scopus and Google Scholar,
- The keywords Elderly, sleep quality and cross-cultural





## Methods

### Idea

Sleep quality in  
crosscultural perspective

### Planing

Selection of article  
based on criteria



### Tools

Searching research article used  
database Science Direct,  
ProQuest, Scopus and Google  
Scholar and keyword

### Execution

Analysis the  
article





## RESULT

- This literature study found 25 articles that fit the inclusion and exclusion criteria.
- From the review of the article, it is known about the quality of sleep for the elderly based on cross-cultural elements and cultural forms in fulfilling the quality of sleep for the elder





## DISCUSSION

- Sleep complaints often occur in the elderly
- Such environmental conditions result in the identification of the people in the environment, so that this geographical condition also affects culture and requires cultural adaptation in maintenance
- Cultural elements, the behavior of the elderly can be seen as a means to explore family relationships rather than just fulfilling personal needs in terms of daytime work activities, an example of Korean traditional collectivism culture which emphasizes the picture of close relationships with family members, where the culture that the elderly wants is most important. always with family in one place to live



# DISCUSSION

A form of culture for the elderly from several studies including,

- the use of the sand tray method for cross-cultural work has been carried out since the beginning of the development of sand tray therapy (Ramsey, 2014).
- Kampung Pasir, which is the name of a place where residents live in it, has a unique tradition of sleeping on the sand and doing various activities on the sand.
- Korean religious rituals such as food are the basic ingredients to provide unity in the family
- Another review found that the relationship between cultural suitability with the language used. It provide variations in the language used depending on the cultural group or language studied (Martin et al., 2019). It have different impacts on language, cultural ideas and practices, local biology, and generational experiences in cultural-mediated historical change (Shea, 2020).



# CONCLUSIONS

- The poor quality of sleep in the elderly is often ignored compared to other general health problems
- The need for an understanding approach to cultural contexts that contain multicultural characteristics with comfortable habits in the elderly's environment will automatically form the inherent traditions of the elderly.
- Several studies include the culture of sand mattresses, sand tray cultural methods, cultural rituals of religion and culture related to language.





**Thank you**

# ELDERLY SLEEP QUALITY IN CROSSCULTURAL PERSPECTIVE

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## PRIMARY SOURCES

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1

Raquel Martins da Silva, Pedro Afonso, Miguel Fonseca, Tomás Teodoro. "Comparing sleep quality in institutionalized and non-institutionalized elderly individuals", *Aging & Mental Health*, 2019

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