

Gambaran gangguan tidur dan perilaku pada anak autis = Description of sleep disorders and behavioral disorders in child suffering autism / Wafi Nubli Izazi

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Abstrak

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Gangguan tidur yang kerap dialami oleh anak autis akan berdampak pada penyimpangan perilaku. Penelitian ini bertujuan untuk mengetahui gambaran gangguan tidur dan perilaku pada anak autis usia sekolah dan usia remaja. Penelitian ini menggunakan desain deskriptif dengan pendekatan cross sectional. Responden sebanyak 41 anak autis di 7 sekolah formal maupun sekolah khusus autisme yang ada di Depok dipilih dengan teknik sampling snowball. Gangguan tidur diukur menggunakan Children's Sleep Habits Questionnaire (CSHQ) dan perilaku menggunakan Child Behavior Checklist (CBCL) yang ditanyakan kepada orang tuanya. Hasil penelitian ini berdasarkan cut of point menunjukkan bahwa 30 % anak autis mengalami gangguan tidur dan 10 % mengalami perilaku menyimpang. Perawat perlu memberi asuhan yang tepat terkait masalah tersebut.

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**ABSTRACT
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Sleep disorders that are often experienced by children with autism will have an impact on deviant behavior. This research aimed to describe sleep disorders and behavioral disorders among school age children and adolescence suffering autism. This research was a quantitative research with descriptive cross sectional design. The data was collected from 41 children in School. The children's sleep disorders and behavioral disorders were measured with Children's Sleep Habits Questionnaire (CSHQ) and Child Behavior Checklist (CBCL) which was rated by their parents. This research was conducted at seven inclusive schools and special schools for autism children in Depok. The result based on cut of point showed that 30% autism children experience sleep disorders and 10 % of them experiencing behavioral disorders. It is recommended that nurses provide nursing care to overcome sleep disorders and behavioral disorders among autism children.