

## Intervensi sleep hygiene pada anak usia sekolah dengan gangguan tidur : Sebuah penelitian pendahuluan = Sleep hygiene intervention in school age children with sleep disorder : a preliminary study

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### Abstrak

[<b>ABSTRAK</b><br> Latar belakang: Gangguan tidur adalah kumpulan kondisi yang ditandai dengan gangguan jumlah, kualitas, atau waktu tidur. Dampaknya adalah gangguan belajar, memori, perubahan mood, perilaku, dan kesulitan mempertahankan perhatian. Data intervensi Sleep Hygiene di Indonesia belum tersedia.

Tujuan: Untuk mengetahui: (1) prevalens dan gambaran gangguan tidur, (2) pengaruh intervensi Sleep Hygiene pada keluhan mengantuk, mood, kesulitan bangun, dan durasi tidur, (3) pengaruh intervensi terhadap nilai SDSC dan PDSS.

Metode: Penelitian quasi eksperimental di 3 SDN di Jakarta Pusat pada bulan Mei-Juni 2015. Skrining gangguan tidur menggunakan Sleep Disturbance Scale for Children (SDSC) dan Pediatric Daytime Sleepiness Scale (PDSS). Murid dengan gangguan tidur dimintakan persetujuan intervensi selama 8 minggu. Evaluasi dengan kuesioner SDSC dan PDSS.

Hasil: Prevalens gangguan tidur 25,1%. Gambaran gangguan tidur yaitu Disorder of initiating and maintaining sleep (DIMS) 61,5%, Sleep wake transition disorder (SWTD) 61,5%, Disorder of excessive somnolence (DOES) 55,4%, dan Disorder of arousal (DA) 51,5%. Terdapat perbaikan keluhan mengantuk, perubahan mood, dan kesulitan bangun pagi. Terdapat penurunan nilai SDSC pre dan post intervensi ( $p < 0,001$ ).

Kesimpulan: Prevalens gangguan tidur anak usia sekolah 25,1%. Dampak intervensi sleep hygiene yaitu perbaikan keluhan mengantuk, perubahan mood, dan kesulitan bangun pagi. Terdapat perbedaan bermakan nilai SDSC pre dan post intervensi.

<b>ABSTRACT</b><b>

Background: Sleep disorder is a condition characterized by disorder of amount, quality, or duration of sleep. Its impacts are difficulties in learning, memory, mood, behavior, and attention. No data of sleep hygiene intervention in Indonesia.

Objectives: To evaluate: (1) prevalence and description of sleep disorder in school age children, (2) impact of intervention on daytime sleepiness, mood, difficulty waking up, and duration of sleep, (3) impact of intervention on SDSC and PDSS score.

Methods: A quasi experiment study in 3 elementary school in Central Jakarta on Mei-June 2015. Screening of sleep disorder used the Sleep Disturbance Scale for Children (SDSC) and the Pediatric Daytime

Sleepiness Scale (PDSS). Students with sleep disorder followed intervention for 8 weeks. Evaluation used SDSC and PDSS.

Results: There were 25.1% subjects with sleep disorders, consisting of Disorder of initiating and maintaining sleep (DIMS) 61.5%, Sleep wake transition disorder (SWTD) 61.5%, Disorder of excessive somnolence (DOES) 55.4%, and Disorder of arousal (DA) 51.5%. There were improvements in daytime sleepiness, mood, difficulty waking up, and the SDSC score.

Conclusions: Sleep disorder prevalence in school age children is 25.1%. Sleep hygiene intervention shows improvement in daytime sleepiness, mood, difficulty waking up, and significant improvement of the SDSC score.;Background: Sleep disorder is a condition characterized by disorder of amount, quality, or duration of sleep. Its impacts are difficulties in learning, memory, mood, behavior, and attention. No data of sleep hygiene intervention in Indonesia.

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