

# Efektivitas Model Keperawatan Sugesti Pola Tidur Sehat Lansia terhadap Kualitas Tidur, Kuantitas Tidur, Status Kesehatan dan Penurunan Tekanan Darah Lansia Insomnia dan Hipertensi di Kota Surabaya = The Effectiveness of the Nursing Model of Suggested Healthy Sleeping Pattern for Elderly on Quality of Sleep, Quantity of Sleep, Health Status and Decrease Blood Pressure for Elderly with Insomnia and Hypertension in Surabaya

Joni Haryanto, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20424787&lokasi=lokal>

---

## Abstrak

Disertasi ini membahas efektivitas model keperawatan sugesti pola tidur sehat Lansia yang mengalami insomnia dan hipertensi di Kota Surabaya. Hal ini dilakukan karena Surabaya mempunyai jumlah Lansia tertinggi se Jawa Timur, dan secara Nasional Jawa Timur mempunyai persentase Lansia terbanyak ke dua setelah DIY. Lansia sering diikuti penyakit degeneratif, seperti hipertensi. Lansia sering mengalami gangguan tidur jenis insomnia, maka perlu ada model yang memperbaiki kualitas dan kuantitas tidur Lansia agar status kesehatan dan tekanan darah dapat terjadi normotensi. Hasil penelitian tahap I, menghasilkan pola tidur sehat Lansia, yaitu suatu bentuk pola atau rutinitas tidur Lansia yang dapat menyehatkan Lansia dalam suatu waktu tertentu. Hasil penelitian tahap II, berupa Model keperawatan Sugesti Pola Tidur Sehat Lansia, ini menggunakan pendekatan integrative concept and theory; self care, comfort care, transcendental meditation, aromatherapy, dan hypnosis, yang ditambahkan dengan hasil dari penelitian tahap I yaitu variabel suhu dan dukungan sosial. Penelitian tahap III, didapatkan hasil bahwa model keperawatan sugesti pola tidur sehat Lansia dapat efektif meningkatkan kualitas tidur, status kesehatan dan mampu menurunkan tekanan darah Lansia yang mengalami hipertensi, namun untuk berefek kepada peningkatan kuantitas tidur Lansia tidak secara bermakna.

.....Nursing models of Suggestion Elderly Healthy Sleeping Patterns (SPTSL) was developed for elderly with hypertension in meeting the sleeping needs. Elderly with hypertension often experience sleeping disturbances - types of insomnia, that was need to be intervened. Therefore, nursing intervention that can improve the quality and quantity of sleep was necessary to maintain elderly health status and blood pressure. This study applied operational research design. The first phase aimed to identify elderly healthy sleep patterns, phase II produced SPTSL nursing model, and phase III, to test the effectiveness of the model SPTSL in improving sleep quality and health status of the elderly as well as lowering blood pressure in elderly with hypertension. Nursing model SPTSL effectively improve the elderly quality of sleep, which was experience insomnia and hypertension. However, the effect of the model on increasing the elderly quantity of sleep was not statistically significant because physiologically elderly need for sleep decreased up to 5-6 hours per day than when younger. This model is recommended into nursing intervention on elderly who experience sleep disturbances.