

Analisis hubungan posisi tidur semifowler dengan kualitas tidur pada klien gagal jantung di RSUD Banyumas Jawa Tengah =
The corelation analysis of sleeping semi fowler on quality of sleep of patients with heart failure at Banyumas General Hospital Central Java / Supadi

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Abstrak

ABSTRAK

Posisi tidur semifowler merupakan salah satu tindakan positioning dengan mengatur posisi tidur dengan cara meninggikan bagian kepala, bahu, punggung 20-30 derajat dari permukaan horisontal tempat tidur.

Penelitian ini bertujuan untuk mengidentifikasi pengaruh posisi tidur semifowler terhadap kualitas tidur klien gagal jantung. Penelitian ini menggunakan design kuasi eksperimen dengan menggunakan sampel 38 responden, 19 responden mendapatkan intervensi atau perlakuan dengan posisi tidur 20 derajat sedangkan 19 responden mendapatkan intervensi atau perlakuan 30 derajat. Instrumen yang digunakan untuk mengukur kualitas tidur dengan PSQI (The Pittsburg Sleep Quality Index) dengan sedikit modifikasi instrumen dari peneliti. Hasil uji coba instrumen menghasilkan validitas dan reliabilitas instrumen dengan alpha Cronbach`s 0.72 untuk semua komponen.

Data responden langsung di kumpulkan oleh peneliti di RSUD Banyumas. Data yang terkumpul dan memenuhi kriteria dianalisa secara univariat dan bivariat menggunakan Uji t test independent, uji Anova, chi square dan regresi linier sederhana.

Hasil penelitian menunjukkan adanya pengaruh antara posisi tidur semifowler terhadap kualitas tidur klien gagal jantung (p value = 0.032 alpha 0.05). Diharapkan penelitian ini memberikan manfaat bagi peningkatan pelayanan dan pendidikan serta perkembangan ilmu keperawatan untuk mencapai pelayanan yang prima.

Disarankan pula hasil penelitian ini bisa dijadikan evidence based practice dalam memberikan pelayanan di Rumah sakit.

ABSTRACT

Semi fowler position is one of the nursing interventions to improve shortness of breath or dyspnea in patients with heart failure. This position is provided to patients by letting head, shoulder, and back lay on the bed with 20 to 30 degree high from the normal bed position. It is expected to be beneficial also on quality of sleep. However, not so many researches were done

to support that this position correlated with patient`s quality of sleep.

The purpose of this study is to identify the effect of semifowler sleeping position on quality of sleep with heart failure. A quasi experimental study was conducted and 38 subjects participated in the study. Each half of the subjects grouped into two different sleeping positions which were 20 degree and 30 degree high. A modified instrument of The Pittsburg Sleep Quality Index (PSQI) was utilized to measure the quality of sleep. The study was conducted at Banyumas General Hospital, Central Java.

The t-test independent, Anova, Chi square, and simple linear regression were employed to analyses the data. The findings demonstrated that there is a significant diferent between two semi fowler sleeping position in patients with heart failure (p value 0.032; alpha 0.05) which could be interpreted as the set of position become important to improve the quality of sleep of patients with heart failure.

The recommendation of study is to use this result as foundation to improve nursing care to the patients; nursing education curriculum, and to implement the result of the study as an approach to create evidence based practice