

Hubungan sleep hygiene dengan kualitas tidur pada lansia di panti sosial tresna werdha DKI Jakarta = The relationship between sleep hygiene and sleep quality among residents of elderly care institution in DKI Jakarta

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Abstrak

Lansia berisiko tinggi mengalami kualitas tidur buruk sehingga banyak masalah kesehatan yang mungkin muncul karena penurunan kepuasan tidur tersebut. Penelitian ini bertujuan untuk mengetahui hubungan sleep hygiene dengan kualitas tidur pada lansia. Studi cross sectional dilakukan di empat Panti Sosial Tresna Werdha PSTW wilayah DKI Jakarta. Sampel penelitian berjumlah 103 lansia dengan rentang usia 60 sampai 111 tahun dan rerata 71,06 tahun. Instrumen yang digunakan berupa Sleep Hygiene Index SHI untuk menilai sleep hygiene dan Pittsburgh Sleep Quality Index PSQI untuk mengkaji kualitas tidur pada lansia.

Hasil penelitian menunjukkan 51,5 lansia memiliki sleep hygiene buruk dan 81,6 mengalami kualitas tidur yang buruk. Ada hubungan yang signifikan antara sleep hygiene dan kualitas tidur $p = 0,0001$; $r 0,321$; OR 7,834; 95 CI 2,121 ndash;29,005 . Lansia dengan sleep hygiene baik memiliki peluang 7,8 kali lebih besar mengalami kualitas tidur baik daripada lansia dengan sleep hygiene buruk.

Penelitian selanjutnya diharapkan untuk melakukan penelusuran lebih lanjut terkait faktor yang paling berpengaruh terhadap gangguan tidur lansia berdasarkan komponen pengkajian kualitas tidur PSQI yang dipengaruhi sleep hygiene. Praktik sleep hygiene memengaruhi baik atau buruknya kualitas tidur lansia di panti. Perawat berperan dalam program promotif terkait sleep hygiene pada lansia sehingga kualitas tidurnya dapat meningkat.

.....Older adults have a high risk of poor sleep quality and so many health problems that may occur due to decreased sleep satisfaction. This study purposes to determine the relationship of sleep hygiene and sleep quality in elderly. The cross sectional study was conducted at four Elderly Care Institutions in DKI Jakarta. This research sample consisted of 103 elderly people who ranged from 60 to 111 years and mean age was 71,06. Data were collected with two instruments, Sleep Hygiene Index SHI for measuring sleep hygiene and the Pittsburgh Sleep Quality Index PSQI for assessing sleep quality in the elderly.

The results showed 51,1 of elderly had poor sleep hygiene and 81,6 experienced poor sleep quality. It was explored that there was a significant relationship between sleep hygiene and sleep quality $p 0,0001$ $r 0,321$ OR 7,834 95 CI 2,121 ndash 29,005. The elderly with good sleep hygiene has a 7,8 times greater chance of experiencing better sleep quality than the elderly with poor sleep hygiene.

Further research is expected to conduct for the most influential factors to elderly sleep disorders based on the sleep qualities components PSQI which are influenced by sleep hygiene. Sleep hygiene practice can influence a good or poor sleep quality of elderly in institution. The nurses have a role by promoting sleep hygiene among elderly people and thus the quality of sleep should be increased.