

## Penerapan Evidence-Based Nursing: pengaruh Earplug dan Eye Mask terhadap kualitas tidur pada pasien di ICU

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### Abstrak

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Gangguan tidur di ICU disebabkan oleh banyak faktor, diantaranya lingkungan, kebisingan, pencahayaan, kegiatan perawat, penyakit yang diderita, tindakan keperawatan, terapi obat, dan ventilasi mekanik. Efek yang ditimbulkan akan memengaruhi fungsi kekebalan tubuh, sistem metabolisme, regulasi sistem saraf pusat, dan kondisi psikologis. Tujuan penelitian ini menerapkan dan membuktikan efektifitas penggunaan Earplug dan Eye Mask dalam meningkatkan kualitas tidur pada pasien di ICU. Desain yang digunakan randomized controlled trial (RCT) crossover design. Peneliti membagi Group A dan Group B dengan simple random sampling. Jumlah sampel 24 responden. Instrumen kualitas tidur menggunakan Richard Campbell Sleep Questionnaire (RCSQ). Data dianalisis dengan uji Independent Sample T-Test. Hasil penelitian didapatkan p-value < 0,05, berarti pada alpha 5% terdapat perbedaan yang signifikan kualitas tidur antara malam pertama dan kedua pada masing-masing group sehingga disarankan dijadikan evidence based di rumah sakit sebagai salah satu terapi komplementer yang dapat dijadikan intervensi mandiri keperawatan untuk membantu mengatasi gangguan tidur.

#### <b>ABSTRACT</b><br>

Evidence-Based Nursing Application Effect of Earplugs and Eye Mask on Quality Sleep in Patients in ICU. Sleep disorders in ICU are caused by many factors, including environment, noise, lighting, nursing activities, illness, nursing, medication therapy, and mechanical ventilation. The effects will affect the immune function, metabolic system, central nervous system regulation, and psychological conditions. The purpose of this study to apply and prove the effectiveness of the use of Earplug and Eye Mask in improving sleep quality in patients in ICU. The design used randomized controlled trial (RCT) crossover design. The researchers divide Group A and Group B by simple random sampling. The Total sample of 24 respondents. Sleep quality instrument using Richard Campbell Sleep Questionnaire (RCSQ). Data were analyzed by the Independent Sample T-Test. The result of this research is p-value <0,05, mean at alpha 5% there is a significant difference of sleep quality between first and second night in each group so it is suggested to be an evidence-based in a hospital as one of complementary therapy which can be made independent intervention nursing to help overcome sleep disorders.