

Hubungan antara kualitas tidur dengan Temporomandibular Disorder pada mahasiswa kedokteran gigi selama pandemi Covid-19 = Relationship between sleep quality and Temporomandibular Disorder in dental students during Covid-19 Pandemic

Ninis Cantika Asriningati, author

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Abstrak

Latar Belakang: Adanya perubahan pada metode pembelajaran akibat Covid-19 meningkatkan waktu yang dihabiskan untuk menatap layar (screen-time) yang berpotensi mengganggu kualitas tidur mahasiswa kedokteran gigi yang sebelum pandemi ini telah dilaporkan memiliki persentase kualitas tidur buruk yang cukup tinggi. Berdasarkan penelitian sebelumnya, kualitas tidur yang buruk juga dikaitkan dengan insidens TMD. Tujuan: Menganalisis hubungan antara kualitas tidur dengan TMD pada mahasiswa kedokteran gigi selama pandemi Covid-19. Penelitian ini juga bertujuan untuk menganalisis pengaruh jenis kelamin dan screen-time terhadap kualitas tidur dan TMD. Metode: Penelitian ini menggunakan desain potong lintang pada 110 mahasiswa Program Pendidikan Kedokteran Gigi dan Program Profesi Dokter Gigi Fakultas Kedokteran Gigi Universitas Indonesia. Pengambilan data dilakukan dengan pengisian kuesioner Pittsburgh Sleep Quality Index (PSQI) dan Indeks Diagnostik – Temporomandibular Disorder (ID-TMD) secara daring melalui google form. Hasil Penelitian: Uji Chi-Square menunjukkan kualitas tidur memiliki hubungan bermakna dengan TMD pada mahasiswa kedokteran gigi selama pandemi Covid-19 ($p=0.035$). Hubungan yang bermakna juga ditunjukkan antara screen-time dengan kualitas tidur ($p=0.027$), namun tidak dengan TMD ($p=0.489$). Jenis kelamin juga tidak memiliki hubungan bermakna, baik dengan kualitas tidur ($p=0.974$) maupun TMD ($p=0.902$). Kesimpulan: Terdapat hubungan antara kualitas tidur dengan TMD pada mahasiswa kedokteran gigi selama pandemi Covid-19. Terdapat pula hubungan antara screen-time dengan kualitas tidur. Namun tidak terdapat hubungan antara screen-time dengan TMD, serta jenis kelamin dengan kualitas tidur maupun TMD.

.....Background: Changes in learning methods and increased screen-time due to Covid-19 pandemic may lead dental students to poor sleep quality. Based on previous studies, poor sleep quality also associated with the incidence of TMD. Objectives: The aim of this study is to analyze the relationship between sleep quality and TMD in dental students during Covid-19 pandemic. This study also aims to analyze the influence of gender and screen-time to sleep quality and TMD. Method: Cross-sectional study was conducted on 110 pre-clinical and clinical year students of Faculty of Dentistry, Universitas Indonesia. Sleep quality was evaluated using Pittsburgh Sleep Quality Index (PSQI) questionnaire and TMD was evaluated using Indeks Diagnostik – Temporomandibular Disorder (ID-TMD) questionnaire. Retrieval of data using questionnaires distributed and collected online. Result: The result of Chi-Square test showing there is relationship between sleep quality and TMD in dental students during Covid-19 pandemic ($p=0.035$). Significant relationship was also showed between screen-time and sleep quality ($p=0.027$), but not with TMD ($p=0.489$). There is no relationship between gender and sleep quality ($p=0.974$) as well as TMD ($p=0.902$). Conclusion: This study shows that there is relationship between sleep quality and TMD in dental students during Covid-19 Pandemic. Significant relationship was also found between screen-time and sleep quality. However, no relationship was found between screen-time and TMD along with gender and sleep quality as well as TMD.