

Hubungan Gangguan Tidur dengan Gangguan Emosi dan Perilaku pada Pasien Anak dengan Hemofilia = Association between Sleep Disturbance and Emotional and Behavioral Disorder among Pediatric Patients with Hemophilia

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Abstrak

Latar belakang: Hemofilia merupakan penyakit kronis yang dapat memengaruhi aspek psikososial penderitanya. Gangguan psikososial yang mungkin dialami adalah gangguan tidur serta gangguan emosi dan perilaku. Penelitian ini bertujuan untuk menilai gangguan tidur, gangguan emosi dan perilaku, dan hubungan keduanya pada pasien anak dengan Hemofilia.

Metode: Penelitian potong lintang dilakukan pada pasien anak dengan hemofilia di poli hematologi anak RSUPN Dr. Cipto Mangunkusumo dari November 2022-Januari 2023. Penilaian gangguan tidur dilakukan melalui kuesioner the Sleep Disturbance Scale for Children (SDSC) berbahasa Indonesia. sedangkan gangguan emosi dan perilaku dinilai berdasarkan kuesioner Pediatric Symptom Checklist-17 (PSC-17) berbahasa Indonesia, Analisis hubungan antara keduanya dinilai melalui uji Fisher.

Hasil: Terdapat 43 pasien anak laki-laki dengan hemofilia dalam periode penelitian. Gangguan tidur terdapat pada 19/43 (44,2%). Gangguan emosi dan perilaku terdapat 5/43 (11,6%). Hubungan gangguan tidur dengan gangguan emosi perilaku menunjukkan nilai p sebesar 0,387 (Hasil uji Fisher).

Kesimpulan: Hubungan gangguan tidur dengan gangguan emosi dan perilaku pada pasien anak dengan hemofilia tidak dapat disimpulkan.

.....Introduction: Hemophilia is a chronic disease that can affect the psychosocial aspects of sufferers. Psychosocial disorders that may be experienced are sleep disturbances and so emotional and behavioral disorders. This study aims to assess sleep disturbances, emotional and behavioral disorders, and the relationship between the two in pediatric patients with Hemophilia.

Method: This cross-sectional study involved pediatric patients with hemophilia at RSUPN Dr. Cipto Mangunkusumo. Assessment of sleep disturbances was carried out through the Sleep Disturbance Scale for Children (SDSC) questionnaire, while emotional and behavioral disorders were assessed using the Pediatric Symptom Checklist-17 questionnaire (PSC-17). Those questionnaires had already validated in Indonesian. The analysis of the relationship between the two was assessed through Fisher's test.

Result: There were 43 male pediatric patients with hemophilia in this study. It showed that 19/43 (44.2%) of pediatric patients with hemophilia experienced sleep disturbances. In addition, there were 5/43 (11.6%) of patients who had emotional and behavioral disorders. Fisher's test results showed p value=0.387.

Conclusion: Thus, the relationship between sleep disturbances and emotional and behavioral disturbances in pediatric patients with hemophilia can not be concluded.