INTISARI

ANALISIS FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KUALITAS TIDUR PADA LANSIA DI PANTI WREDHA DHARMA BHAKTI SURAKARTA

Wahyuni Satria[1], Atik Aryani[2], Idris Yani Pamungkas[3]

Latar Belakang: Lanjut usia merupakan periode akhir dalam kehidupan manusia dimana seseorang mulai mengalami perubahan dalam hidupnya yang ditandai adanya perubahan fisiologis yaitu gangguan terhadap kualitas tidur. Kualitas tidur merujuk pada kemampuan seseorang untuk dapat tidur dan mendapatkan tidur yang tepat serta jumlah tidur yang tepat. Beberapa faktor yang mempengaruhi kualitas tidur diantaranya gangguan kesehatan, gaya hidup, lingkungan fisik dan kecemasan.

Tujuan: Menganalisis faktor-faktor yang berhubungan dengan kualitas tidur lansia di Panti Wredha Dharma Bhakti Surakarta.

Metode: Desain penelitian ini adalah deskriptif korelasi dengan pendekatan *cross-sectional*. Populasi penelitian adalah semua lansia di Panti Wredha Dharma Bhakti Surakarta yang berjumlah 67 orang lansia, sampel terambil 61 dengan rumus Slovin, teknik pengambilan sampel menggunakan purposive sampling. Instrumen penelitian berupa kuesioner Respon terhadap penyakit, gaya hidup, lingkungan fisik, kecemasan dari Z-SAS dan kualitas tidur dari *Pittsburgh Sleep Quality Index* (PSQI). Teknik analisis data menggunakan uji *Chi Square* dan Regresi Logistik.

Hasil: (1) Terdapat hubungan yang bermakna gangguan kesehatan dengan kualitas tidur lansia, (2) Terdapat hubungan yang bermakna gaya hidup dengan kualitas tidur lansia, (3) Terdapat hubungan yang bermakna lingkungan fisik dengan kualitas tidur lansia, (4) Terdapat hubungan yang bermakna kecemasan dengan kualitas tidur lansia. (5) Besarnya faktor-faktor yang berhubungan dengan kualitas tidur lansia sebesar 80,1%.

Simpulan: Faktor gangguan kesehatan, gaya hidup, lingkungan fisik, kecemasan berhubungan dengan kualitas tidur lansia.

Kata Kunci: Faktor gangguan kesehatan, gaya hidup, lingkungan fisik, kecemasan, kualitas tidur lansia.

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ABSTRACT

ANALYSIS OF FACTORS CORRELATION WITH SLEEP QUALITY IN ELDERLY AT PANTI WREDHA DHARMA BHAKTI OF SURAKARTA

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Background: Aging is the final period in human life where a person begins to experience changes in his life which are marked by physiological changes, namely disturbances to sleep quality. Sleep quality refers to a person's ability to sleep and get the right sleep and the right amount of sleep. Some factors that influence sleep quality include health problems, lifestyle, physical environment and anxiety.

Objective: To analyze the factors correlation to the quality of sleep in the elderly at Panti Wredha Dharma Bhakti of Surakarta.

Method: The design of this study is descriptive correlation with a cross-sectional approach. The study population was all elderly in Panti Wredha Dharma Bhakti of Surakarta, amounting to 67 elderly people, the sample was taken 61 by the Slovin formula, the sampling technique used was purposive sampling. The research instrument was a questionnaire. Health problems, lifestyle, physical environment, anxiety from Z-SAS and sleep quality from the Pittsburgh Sleep Quality Index (PSQI). Data analysis techniques using Chi Square test and Logistic Regression.

Results: (1) There was a significant correlation between health problems and sleep quality of the elderly, (2) There was a significant correlation between lifestyle and sleep quality of the elderly, (3) There was a significant correlation between the physical environment and sleep quality of the elderly, (4) There was a significant correlation between anxiety and sleep quality of the elderly. (5) The magnitude of the factors associated with the sleep quality of the elderly is 80.1%.

Conclusions: Health problems, lifestyle, physical environment, anxiety correlation and sleep quality of the elderly.

Keywords: Health problems, lifestyle, physical environment, anxiety, sleep quality of the elderly.

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