

INTISARI

PENGARUH HOSPITALISASI TERHADAP POLA TIDUR ANAK USIA PRA SEKOLAH YANG DI RAWAT DI RSUD KOTA SURAKARTA

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Latar Belakang: Lingkungan institusi Rumah Sakit atau fasilitas perawatan jangka panjang dan aktivitas petugas pelayanan kesehatan dapat menyebabkan sulit tidur dan juga berdampak pada pola tidur yang tidak teratur. Studi pendahuluan yang dilakukan peneliti pada tanggal 1 – 11 April 2014 pada 15 anak yang sedang dirawat di ruang anak RSUD Surakarta, didapatkan 10 anak (6%) menunjukkan respon terhadap hospitalisasi dengan menangis, takut, tidak kooperatif terhadap petugas kesehatan, tidak mau makan dan selalu bertanya kepada ibunya kapan bisa pulang, sedangkan 5 anak (3%) menunjukkan respon adaptif terhadap hospitalisasi, yaitu dengan menunjukkan respon kooperatif dengan petugas kesehatan dan mau minum obat.

Tujuan: mengetahui pengaruh hospitalisasi terhadap pola tidur anak usia pra sekolah yang di rawat di RSUD Kota Surakarta.

Metode: Desain penelitian ini menggunakan causalitas dengan rancangan *cross sectional*. Sampel penelitian sebanyak 31 pasien anak pra sekolah yang hospitalisasi di RSUD Kota Surakarta dan 31 anak pra sekolah yang belum pernah hospitalisasi dengan teknik *accidental sampling*. Teknik analisis data yang digunakan dengan t-test.

Hasil: 1) Pola tidur anak pra sekolah (responden hospitalisasi) terbanyak pada kategori < 11 jam/hari (tidak normal) sebanyak 26 anak (83,9 %); 2) Pola tidur anak pra sekolah (responden non hospitalisasi) terbanyak pada kategori < 11 jam/hari (tidak normal) sebanyak 19 anak (61,3 %); dan 3) Ada pengaruh antara pola tidur hospitalisasi dengan pola tidur anak pra sekolah yang belum pernah hospitalisasi ($t_{hit} = 5.061$; $p\text{-value} = 0.000 < 0.05$).

Simpulan: Ada pengaruh antara pola tidur hospitalisasi dengan pola tidur anak pra sekolah yang belum pernah hospitalisasi.

Kata Kunci : Pola tidur, Hospitalisasi, anak pra sekolah

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ABSTRACT

THE EFFECT OF HOSPITALIZATION ON SLEEP PATTERN CHANGES IN PRE-SCHOOL AGE CHILDREN ARE CARED FOR IN HOSPITALS SURAKARTA

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Background: *The environment of hospital or long-term care facilities and health official activity can cause sleeplessness. Besides, it also has an impact on irregular sleeping model. A preview study conducted by researchers in April 1 to 11, 2014 at 15 children who were treated in children's division of general government hospitals Surakarta shows that 10 (6%) children responds to hospitalization with tears, fear, uncooperative towards health official, donot eating and always asked their mother when they can go home, while 5 (3%) children indicates an adaptive response to the hospitalization by demonstrating a cooperative response to health official and drink their medicine.*

Objective: *To determine the effect of hospitalization toward the changes of sleeping model on pre-school children patient in general government hospitals Surakarta.*

Methods: *This study belongs to a causality with cross sectional design. The samples were 31 patients of pre-school children hospitalization in general government hospitals Surakarta and 31 pre-school children who have never hospitalization by using accidental sampling technique. Data analysis techniques used by t-test.*

Results: *1) The highest of pre-school children sleeping model (hospitalization respondents) in category < 11 hours / day (abnormal) is 26 children (83.9%); 2) The highest of pre-school children sleeping model (non hospitalization respondents) in category < 11 hours / day (abnormal) is 19 children (61.3%); and 3) There is an effect between hospitalization sleeping model and pre-school children sleeping model who have never hospitalization ($t_{hit} = 5,061$; $p\text{-value} = 0.000 < 0.05$).*

Conclusion: *There is an effect between hospitalization sleeping model and pre-school children sleeping model who have never hospitalization.*

Keywords: *Sleeping model, Hospitalization, Pre-school children*

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