

**GAMBARAN KUALITAS TIDUR LANSIA DI PANTI SOSIAL TRESNA
WERDA JARA MARA PATI, KECAMATAN BANJAR, KABUPATEN
BULELENG, BALI**

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ABSTRAK

Gangguan kualitas tidur menjadi keluhan utama pada kalangan lansia. Berdasarkan data epidemiologi, 50% lansia di Indonesia mengalami gangguan kualitas tidur. Disamping itu, keberadaan lansia di Panti Werda yang jauh dari dukungan keluarga dapat meningkatkan risiko terjadinya gangguan kualitas tidur sehingga membutuhkan perhatian yang lebih. Tujuan penelitian untuk mengetahui kualitas tidur lansia dan mengidentifikasi komponennya di Panti Sosial Tresna Werda Jara Mara Pati. Desain penelitian yaitu deskriptif kuantitatif melalui pendekatan *cross sectional*. Populasi penelitian ini adalah seluruh lansia di Panti Sosial Tresna Werda Jara Mara Pati. Sampel penelitian menggunakan teknik *total sampling* dengan jumlah sampel sebanyak 40 orang. Metode pengumpulan data dilaksanakan dengan mengumpulkan data primer melalui pengisian kuesioner PSQI (*Pittsburgh Sleep Quality Index*) versi Bahasa Indonesia dengan teknik analisis data univariat. Hasil penelitian didapatkan bahwa kualitas tidur pada lansia di Panti Sosial Tresna Werda Jara Mara Pati yaitu kualitas tidur buruk sebanyak 31 orang (77,5%) dan kualitas tidur baik sejumlah 9 orang (22,5%). Lansia pada kelompok usia ≥ 90 tahun, lansia berjenis kelamin perempuan, lansia dengan pendidikan tidak lulus SD atau sederajat, lansia dengan riwayat penyakit jantung, durasi tinggal di panti < 3 tahun, memiliki kebiasaan minum kopi, serta kelompok lansia yang tidak memiliki kebiasaan merokok cenderung memiliki kualitas tidur yang buruk. Komponen kualitas tidur lansia di Panti Werda Jara Mara Pati yang paling sering terganggu yaitu yaitu latensi tidur yang buruk (96,8%) serta disfungsi di siang hari (100,0%).

Kata Kunci: kualitas tidur, lansia, panti werda

**DESCRIPTION OF ELDERLY SLEEP QUALITY AT TRESNA WERDA
JARA MARA PATI NURSING HOME, BANJAR DISTRICT, BULELENG
REGENCY, BALI**

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ABSTRACT

Sleep quality disorders are the main complaints among the elderly. Based on epidemiological data, 50% of the elderly in Indonesia experience sleep quality disorders. In addition, the presence of the elderly in nursing homes that are far from family support can increase the risk of sleep quality disorders that require more attention. The purpose of the study was to determine the sleep quality of the elderly and identify its components in the Tresna Werda Jara Mara Pati Social Institution. The research design is descriptive quantitative through a cross sectional approach. The population of this study was all elderly at the Tresna Werda Jara Mara Pati Social Institution. The research sample used a total sampling technique with a total sample of 40 people. The data collection method was implemented by collecting primary data through filling out the PSQI (Pittsburgh Sleep Quality Index) Indonesian version questionnaire with univariate data analysis techniques. The results of the study found that the quality of sleep in the elderly at the Tresna Werda Jara Mara Pati Social Institution was poor sleep quality of 31 people (77.5%) and good sleep quality of 9 people (22.5%). Elderly in the age group ≥ 90 years, elderly women, elderly with educational status did not graduate from elementary school or equivalent, elderly with a history of heart disease, duration of stay in < home 3 years, have the habit of drinking coffee, and the elderly group who do not have smoking habits tend to have poor sleep quality. The most commonly disturbed components of elderly sleep quality at the Jara Mara Pati Nursing Home are poor sleep latency (96.8%) and daytime dysfunction (100.0%).

Keywords: sleep quality, elderly, nursing home