

## Analisis kualitas tidur, fatigue dan performa keselamatan bidan Cimanggis tahun 2016 = Sleep quality fatigue and safety performance on midwives analysis in Cimanggis in 2016

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### Abstrak

Penelitian ini bertujuan untuk analisis kualitas tidur, fatigue dan performa keselamatan kerja bidan di Kecamatan Cimanggis tahun 2016. Penelitian ini merupakan penelitian analitik kuantitatif dengan desain cross sectional. Menggunakan Pittsburgh Sleep Quality Index (PSQI), fitbit actigraph, Chalder fatigue Quisionnaire (CFQ), dan Safety Inventory bidan untuk mengukur kualitas tidur, fatigue dan performa keselamatan bidan.. Sampel dalam penelitian ini yaitu sebanyak 50 bidan yang diambil secara total Sampling. Hasil penelitian menunjukkan bahwa frekuensi bidan yang mengalami injuri sebanyak 21 orang (42%), medical error 23 orang (46%), perilaku membahayakan keselamatan 26 orang (52%), kualitas tidur yang buruk pada bidan sebanyak 23 orang (46%), mengalami fatigue sebanyak 28 orang (56%), usia bidan terbanyak adalah berusia 35- 55 tahun yaitu 20 orang (60%), masa kerja bidan masa kerja 5 tahun sebanyak 26 orang (52%), waktu kerja bidan > 12 jam yaitu 33 orang (66%), kondisi kesehatan bidan tidak baik yaitu sebanyak 30 orang (60%). Disimpulkan ada hubungan antara kualitas tidur yang buruk dan fatigue dengan performa keselamatan bidan di Kecamatan Cimanggis tahun 2015.

.....This study aims to investigate the relationship between sleep quality and fatigue on the safety performance of midwives in the Cimanggis in 2016. This research is a quantitative analytical research with cross sectional design. Using Pittsburgh Sleep Quality Index (PSQI), Fitbit actigraph,, Chalder fatigue Quisionnaire (CFQ), and midwife`s safety inventory to measure the quality of sleep, fatigue and safety performance on midwives. The sample in this study as many as 50 midwives were taken in total sampling. The results showed that the frequency of injury of midwives as much 21 person (42%), medical error 23 (46%), safety compromising behavior as much 26 (52%), poor sleep quality on a midwives as much 23(46%), experiencing fatigue as much as 28(56%), most of midwife`s age are 35- 55 year old as much 20 person (60%), midwife`s working experience 5 year as much 26 person (52%), midwife`s working period > 12 hour 33person(66%), midwives health status are not good as much 30 person (60%). The conclusion is relationship between poor sleep quality and fatigue with the safety performance of midwives in the Cimanggis District in 2016.