

Dampak gangguan pemusatan perhatian dan hiperaktivitas (GPPH) terhadap kualitas tidur siswa sekolah dasar = correlation between attention deficit hyperactivity disorder and sleep quality on elementary school students

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Abstrak

ABSTRAK

Dampak Gangguan Pemusatan Perhatian dan Hiperaktivitas GPPH terhadap Kualitas Tidur Siswa Sekolah Dasar
Abstrak Latar Belakang: Gangguan pemusatan perhatian dan hiperaktivitas adalah kelainan kronik neurobehavioral yang sering terjadi pada anak usia sekolah. Tujuan penelitian ini adalah untuk mengetahui hubungan antara GPPH dengan penurunan kualitas tidur anak. Metode: Studi case-control dilakukan terhadap 386 anak usia sekolah di SDN Kenari 01, 03, dan 05 Pagi Jakarta. Penelitian dilakukan dengan menggunakan kuesioner Skala Penilaian Perilaku Anak Hiperaktif Indonesia SPPAHI yang diisi oleh orangtua dan guru dan kuesioner Skala gangguan tidur untuk anak SDSC yang diisi oleh orangtua pada Januari-Februari 2016. Hasil: Sebanyak 34 31,5 anak dengan GPPH mengalami kualitas tidur tidak baik, sedangkan 74 68,5 diantaranya mengalami kualitas tidur baik. Pada kelompok anak GPPH negatif 37 13,8 mengalami kualitas tidur tidak baik, sedangkan 231 86,2 mengalami kualitas tidur baik. Secara statistik, terdapat hubungan bermakna antara GPPH dengan kualitas tidur p

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ABSTRACT

Correlation Between Attention Deficit Hyperactivity Disorder and Sleep Quality on Elementary School Students
Abstract Background Attention Deficit Hyperactivity Disorder ADHD is a chronic neurobehavioral disorder, which is caused by several factors including genetic and environmental factor. The objective of this study is to determine the correlation between ADHD and sleep quality. Method Case control study of 387 elementary school children in Kenari 01, 03, and 05 Elementary School Jakarta was performed from July 2015 until May 2016. This study was conducted by giving questionnaires. Parents filled in Skala Penilaian Perilaku Anak Hiperaktif Indonesia SPPAHI and Sleep Disturbance Scale for Children SDSC questionnaire, whereas teachers fill in SPPAHI questionnaire only. Result Out of all subjects, 34 31.5 ADHD elementary school students have poor sleep quality, whereas 74 68.5 have good sleep quality. In ADHD negative children 37 13.8 have poor sleep quality, whereas 231 86.2 have good sleep quality. Statistically, there is a correlation between ADHD and sleep quality p 0.001, chi square test with an odds ratio score 2.869. Conclusion There is a correlation between ADHD and sleep quality in elementary school student. Keywords Attention Deficit Hyperactivity Disorder, Sleep Quality, elementary school student, SPPAHI, SDSC