

Hubungan gangguan sendi temporomandibula dengan kualitas tidur pada perawat umum di rumah sakit swasta tipe c = The relationship between temporomandibular disorder and quality of sleep on nurses in type c private hospital

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Abstrak

Latar belakang: Gangguan sendi temporomandibula dapat memengaruhi kualitas tidur. Penelitian mengenai hubungan gangguan sendi temporomandibula dan kualitas tidur pada perawat umum di rumah sakit dengan menggunakan kuesioner ID-TMD dan PSQI belum pernah dilakukan di Indonesia.

Tujuan: Menganalisis hubungan gangguan sendi temporomandibula dengan kualitas tidur, stres kerja, dan faktor sosiodemografis jenis kelamin, usia, status sosial ekonomi, tingkat pendidikan, dan status pernikahan pada perawat umum di rumah sakit swasta tipe C. Menganalisis hubungan kualitas tidur dengan stres kerja dan faktor sosiodemografis jenis kelamin, usia, status sosial ekonomi, tingkat pendidikan, dan status pernikahan pada perawat umum di rumah sakit swasta tipe C.

Metode: Penelitian menggunakan desain cross sectional pada 92 subjek perawat di rumah sakit Hasanah Graha Afiah. Subjek mengisi tiga buah kuesioner yaitu; ID-TMD untuk mengukur gangguan sendi temporomandibula, PSQI versi bahasa Indonesia untuk mengukur kualitas tidur, dan ENSS versi bahasa Indonesia untuk mengukur stres kerja.

Hasil Penelitian: Uji chi-square menunjukkan bahwa terdapat perbedaan bermakna $p=0.02$ antara gangguan sendi temporomandibula dengan kualitas tidur pada perawat umum di rumah sakit swasta tipe C. Uji Mann-Whitney dan Independen T-test menunjukkan bahwa tidak terdapat perbedaan bermakna yang signifikan $p>0.05$ antara gangguan sendi temporomandibula dengan stres kerja pada perawat umum di rumah sakit swasta tipe C. Uji chi-square menunjukkan bahwa tidak terdapat perbedaan bermakna $p>0.05$ antara gangguan sendi temporomandibula dengan faktor sosiodemografi jenis kelamin, tingkat pendidikan, status sosial ekonomi, status pernikahan pada perawat umum di rumah sakit swasta tipe C. Uji Independen T-test menunjukkan bahwa terdapat perbedaan bermakna $p=0.035$ antara kualitas tidur dengan komponen ENSS masalah dengan pasien dan keluarganya pada perawat umum di rumah sakit swasta tipe C. Uji chi-square menunjukkan bahwa tidak terdapat perbedaan bermakna $p>0.05$ antara kualitas tidur dengan faktor sosiodemografi jenis kelamin, tingkat pendidikan, status sosial ekonomi, status pernikahan pada perawat umum di rumah sakit swasta tipe C.

Kesimpulan: Terdapat hubungan antara gangguan sendi temporomandibula dengan kualitas tidur pada perawat umum di rumah sakit swasta tipe C.

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Backgroud: Temporomandibular disorder can affect quality of sleep. The study analyzing the association between temporomandibular disorder and quality of sleep on nurses in type C private hospital using ID TMD and PSQI Indonesian version questionnaire has never been conducted in Indonesia.

Objectives: Analyzing the relationship between temporomandibular disorder with quality of sleep, work stress, and sociodemographic factors gender, age, sosial economic status, education level, and marital status on nurses in type C private hospital. Analyzing the relationship between quality of sleep with work stress

and sociodemographic factors gender, age, social economic status, education level, and marital status on nurses in type C private hospital.

Methods: This cross sectional study assessed the data of 92 nurses in Hasanah Graha Afiah Hospital. Three questionnaires were given to each hospital nurse. The ID TMD questionnaire was used to evaluate temporomandibular disorder, the PSQI Indonesian version was used to evaluate quality of sleep, and the ENSS Indonesian version was used to evaluate work stress.

Results: Chi square test showed significant differences $p < 0.02$ between temporomandibular disorder and quality of sleep on nurses in type C private hospital. Mann Whitney and Independent T test showed that there are no significant differences $p > 0.05$ between temporomandibular disorder and work stress on nurses in type C private hospital. Chi square test showed that there are no significant differences $p > 0.05$ between temporomandibular disorder and sociodemographic factors gender, age, social economic status, education level, and marital status on nurses in type C private hospital. Independent T test showed significant differences $p < 0.035$ between quality of sleep and one of the ENSS component patients and their families on nurses in type C private hospital. Chi square test showed that there are no significant differences $p > 0.05$ between quality of sleep and sociodemographic factors gender, age, social economic status, education level, and marital status on nurses in type C private hospital.

Conclusion: Temporomandibular disorder was associated with quality of sleep on nurses in type C private hospital.