

Hubungan Kualitas Tidur dan Kejadian Excessive Daytime Sleepiness pada Pengendara Ojek Online = The Relationship Between Sleep Quality and Excessive Daytime Sleepiness in Online Motorcycle Driver

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Abstrak

Ojek online merupakan salah satu transportasi paling banyak digunakan untuk mobilitas. Jam kerja yang berlebih menjadi hal umum bagi pengendara ojek online sehingga meningkatkan kualitas tidur buruk. Tingkat kualitas tidur buruk dan kurangnya jam tidur yang dimiliki meningkatkan resiko terjadinya kejadian excessive daytime sleepiness. Penelitian ini bertujuan untuk melihat hubungan kualitas tidur dan kejadian excessive daytime sleepiness pada pengendara ojek online. Kualitas tidur diukur menggunakan kuesioner Pittsburg Sleep Quality Index (PSQI) dan excessive daytime sleepiness (EDS) diukur dengan kuesioner Epworth Sleepiness Scale (ESS). Desain penelitian digunakan adalah deskriptif pendekatan cross sectional pada 107 responden yang dipilih dengan metode non random sampling dengan teknik purposive sampling. Hasil analisis uji chi-square mendapatkan hasil bahwa ada hubungan yang signifikan antara kualitas tidur dan kejadian excessive daytime sleepiness pada pengendara ojek online ($p = 0,019$). Hasil penelitian ini dapat menjadi dasar pengetahuan dalam promosi terkait dengan kualitas tidur dan mencegah excessive daytime sleepiness.

.....Online motorcycle taxis (ojek online, are one of the most frequently used methods of transportation for mobility. The drivers of ojek online often experience overworking which increases the occurrence of poor sleep quality, Poor sleep quality and reduced sleeping time also increase the risk of excessive daytime sleepiness (EDS) for the drivers. This research aimed to discover the relationship between sleep quality and the occurrence of EDS among the drivers. Pittsburgh Sleep Quality Index (PSQI) was used to measure sleep quality whereas Epworth Sleepiness Scale (ESS) was used to measure the occurrence of EDS Descriptive cross-sectional research design was chosen in this research. Non-random sampling method of purposive sampling technique was used to select 107 respondents. The result analysis using the chi-square test yielded that there was a statistically significant relationship between sleep quality and the occurrence of EDS ($p < 0,05$). The result of this research is expected to provide additional information in health promotion concerning sleep quality and the prevention of EDS.