

# Efektivitas Slow Deep Breathing dan Sleep Hygiene Education Terhadap Fatigue dan Gangguan Tidur Pada Anak Usia Sekolah dengan Kanker = Effectiveness of Slow Deep Breathing and Sleep Hygiene Education on Fatigue and Sleep Disorders in School Age Children with Cancer

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## Abstrak

Pendahuluan Fatigue dan gangguan tidur masalah yang sering terjadi pada anak dengan kanker selama menjalani pengobatan. Salah satu intervensi non farmakologis yang dapat menurunkan fatigue dan gangguan tidur adalah slow deep breathing dan sleep hygiene education. Tujuan penelitian untuk mengidentifikasi efektivitas slow deep breathing dan sleep hygiene education terhadap fatigue dan gangguan tidur pada anak usia sekolah dengan kanker. Metode Penelitian eksperimental desain quasi experiment pendekatan nonrandomized pretest and posttest control group. Responden anak usia sekolah dengan kanker berjumlah 36 anak, terdiri dari kelompok kontrol (n=18) dan kelompok intervensi (n=18). Kelompok intervensi diberikan slow deep breathing dan sleep hygiene education sedangkan kelompok kontrol dengan perawatan rutin. Penilaian skala fatigue menggunakan instrumen skala FOA-A dan gangguan tidur dengan skala GATIA. Hasil penelitian menunjukkan adanya perbedaan skor fatigue antara kelompok intervensi dan kontrol (p value=0,001); adanya hubungan karakteristik dengan skor fatigue, yaitu jenis kanker (p value=0,024), stadium kanker (p value=0,001), jenis pengobatan (p value=0,001), dan gangguan tidur (p value=0,002); sedangkan tidak ada hubungan usia, jenis kelamin, dan lama pengobatan dengan skor fatigue. Rekomendasi penelitian yaitu penerapan slow deep breathing dan sleep hygiene education karena mudah dilakukan, nyaman, murah dan tidak berisiko membahayakan dalam menurunkan fatigue dan gangguan tidur pada anak.

.....Introduction Fatigue and sleep disorders often occurs in children with cancer. One of the non-pharmacological interventions that can reduce fatigue and sleep disorders is slow deep breathing and sleep hygiene education. The purpose of the study was to identify the effectiveness of slow deep breathing and sleep hygiene education. Purpose of the study was identify effectiveness of slow deep breathing and sleep hygiene education to fatigue and sleep disorders in school age children with cancer. Methods Experimental research design quasi experiment approach nonrandomized pre-post test control group. School age children respondents with cancer totaled 36 children consisting of control groups (n=18) and intervention groups (n=18). Intervention group was given slow deep breathing and sleep hygiene education while control groups with routine care. Fatigue scale assessment using FOA-A scale instruments and sleep disorders with GATIA scale. Results research shows that there is differences in fatigue scores between intervention and control groups (p value=0.001); there is a characteristic relationship with fatigue score cancer type (p value=0.024), stage of cancer (p value=0.001), type of treatment (p value=0.001) and sleep disorders (p value=0.002); whereas there is no relationship age, sex, and long treatment with fatigue score. Recommendations research application of slow deep breathing and sleep hygiene education are easy to do, convenient, cheap and not risk harmful in reducing fatigue and sleep disorders in children.