

Hubungan Aktivitas Fisik dengan Kualitas Tidur Perawat di Pelayanan Covid RSUD Cibinong pada Masa Pandemi Covid-19 = The Relationship between Physical Activity and Sleep Quality of Nurses at the Covid Services of the Cibinong Regional General Hospital during the Covid-19 Pandemic

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Abstrak

Wabah Covid-19 telah menyebabkan dampak yang sangat besar terhadap sistem pelayanan di Indonesia, termasuk pada tenaga kesehatan khususnya perawat yang menjadi lini terdepan rumah sakit. Virus Covid-19 ini mengakibatkan peningkatan beban kerja yang sangat berat serta gangguan psikologis seperti stres, kecemasan dan salah satunya adalah gangguan tidur. Penelitian dengan metode kuantitatif jenis deskriptif-korelasi dengan pendekatan cross-sectional ini melibatkan 122 perawat yang bertugas di pelayanan Covid-19 yang dipilih dengan teknik convenience sampling. Instrumen International Physical Activity Questionnaire (IPAQ) digunakan untuk mengukur tingkat aktivitas yang dilakukan oleh perawat di masa pandemi Covid-19 dan Pittsburgh Sleep Quality Index (PSQI) untuk mengukur kualitas tidur. Hasil analisis univariat yaitu sebanyak 48,4% perawat melakukan aktivitas fisik berat dan 87,7% perawat mengalami kualitas tidur buruk. Hasil analisis bivariat menggunakan uji Chi Square menunjukkan tidak terdapat hubungan yang bermakna antara aktivitas fisik dengan kualitas tidur (p value = 0.834). Saran bagi perawat diharapkan dapat meningkatkan pengetahuan akan pengaturan aktivitas fisik yang sesuai agar dapat meningkatkan kualitas tidur, sehingga kualitas pelayanan pasien dapat lebih meningkat.

.....The Covid-19 outbreak has caused a huge impact on the service system in Indonesia, including health workers, especially nurses who are at the forefront of hospitals. The Covid-19 virus has resulted in an increase in very heavy workloads and psychological disorders such as stress, anxiety and one of them is sleep disorders. This research using descriptive-correlation quantitative method with a cross-sectional approach involved 122 nurses serving in Covid-19 services who were selected using the convenience sampling technique. The International Physical Activity Questionnaire (IPAQ) instrument was used to measure the level of activity carried out by nurses during the Covid-19 pandemic and the Pittsburgh Sleep Quality Index (PSQI) to measure sleep quality. The results of the univariate analysis were as many as 48.4% of nurses doing strenuous physical activity and 87.7% of nurses experiencing poor sleep quality. The results of the bivariate analysis using the Chi Square test showed that there was no significant relationship between physical activity and sleep quality (p value = 0.834). Suggestions for nurses are expected to increase knowledge of appropriate physical activity settings in order to improve sleep quality, so that the quality of patient care can be further improved.