

## **Gambaran Kualitas Tidur pada Penderita ISPA di Puskesmas Kecamatan Beji Kota Depok pada Kelompok Usia Dewasa Muda = Overview of Sleep Quality in Patients with ARI at the Puskesmas District Beji Depok City in the Young Adult Age Group**

Kania Dwi Oktaryani, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920566658&lokasi=lokal>

---

### **Abstrak**

Individu yang sakit akan merasakan gejala dari penyakitnya, akan mempengaruhi proses tidur yang merupakan kebutuhan dasar manusia. Penelitian ini bertujuan untuk mengidentifikasi gambaran kualitas tidur pada penderita ISPA di Puskesmas Kecamatan Beji Kota Depok pada kelompok usia dewasa muda. Metode penelitian adalah studi deskriptif dengan metode kuantitatif dan pendekatan cross sectional yang menggunakan teknik convenience sampling. Penelitian ini menggunakan kuesioner Pittsburgh Sleep Quality Index (PSQI) sebanyak 100 sampel. Hasil analisis menunjukkan 78% memiliki kualitas tidur yang buruk (skor >5), yang tiap komponen didapatkan hasil kualitas tidur subjektif cukup buruk (44%), latensi tidur 31-60 menit (32%), durasi tidur 5-5,9 jam (33%), efisiensi tidur >85% (76%), gangguan tidur ringan (51%), penggunaan obat tidur tidak pernah (80%), dan disfungsi siang hari ringan (39%). Selain itu, didapatkan data demografi penderita, rata-rata usia 28 tahun, mayoritas berjenis kelamin perempuan (80%), tidak memiliki penyakit komorbid (80%) dan tidak memiliki riwayat merokok (76%), riwayat pendidikan tinggi (47%), rata-rata durasi timbul gejala 4 hari, satu rumah dihuni 3–4 orang, rata-rata penghasilan satu keluarga 7,35 juta, dan luas rata-rata tempat tinggal 99,6 m<sup>2</sup>. Dari penelitian ini, dapat disimpulkan bahwa penderita ISPA memiliki kualitas tidur yang buruk akibat gejala yang timbul. Sehingga perlu adanya edukasi dari tenaga kesehatan untuk membantu penderita ISPA mengurangi ketidaknyamanan atas gejala yang timbul agar tetap mendapatkan kualitas tidur yang baik untuk membantu memulihkan diri.

.....Individuals who are sick will feel the symptoms of their illness, will affect the sleep process which is a basic human need. This study aims to identify the description of sleep quality in patients with ARI at the Beji District Health Center, Depok City in the young adult age group. The research method is a descriptive study with quantitative methods and a cross-sectional approach that uses convenience sampling techniques. This study used the Pittsburgh Sleep Quality Index (PSQI) questionnaire as many as 100 samples. The results of the analysis showed 78% had poor sleep quality (score >5), of which each component obtained the results of poor subjective sleep quality (44%), sleep latency 31-60 minutes (32%), sleep duration 5-5.9 hours (33%), sleep efficiency >85% (76%), mild sleep disturbance (51%), never use of sleeping pills (80%), and mild daytime dysfunction (39%). In addition, the demographic data of sufferers were obtained, the average age was 28 years, the majority were female (80%), did not have comorbid diseases (80%) and did not have a history of smoking (76%), a history of higher education (47%), the average duration of symptoms was 4 days, one house was inhabited by 3-4 people, the average family income was 7.35 million, and the average living area was 99.6 m<sup>2</sup>. From this study, it can be concluded that people with ARI have poor sleep quality due to the symptoms that arise. So it is necessary to have education from health workers to help people with ARI reduce the discomfort of the symptoms that arise in order to continue to get good quality sleep to help recover.