

ABSTRAK

Asma adalah penyakit inflamasi kronis pada saluran napas yang ditandai serangan berulang berupa sesak napas dan mengi, keadaan tersebut bervariasi dalam tingkat keparahan dan frekuensi dari orang ke orang. Penderita asma banyak mengeluhkan gejala pada malam hari dan menyebabkan gangguan tidur. Penelitian ini bertujuan untuk mengetahui pengaruh penyakit asma terhadap kejadian gangguan tidur pada pasien asma di Rumah Sakit Islam Sultan Agung Semarang".

Penelitian menggunakan metode observasional analitik *cross sectional* pada 42 sample dengan mengambil data rekam medis penderita rawat inap dan rawat jalan di RSI Sultan Agung Semarang yang telah terdiagnosis menderita asma. Penelitian dilakukan dengan dua tahap yaitu pengisian *The St. Mary's Hospital Sleep Questionnaire* dan analisa data. Ada tidaknya hubungan *penyakit asma* dengan gangguan tidur dianalisis dengan uji statistik *Chi Square* dan korelasi kekuatan hubungan dilakukan dengan uji statistik Koefisien Kontingensi.

Hasil penelitian menunjukkan nilai $p = 0,000$ ($p < 0,05$) menunjukkan penyakit asma berpengaruh terhadap gangguan tidur dengan nilai OR 8,00 (CI =00 CI 95% =2,776 - 23,056 artinya pasien asma beresiko 8 kali mengalami gangguan tidur dibanding orang sehat. Kesimpulan penelitian ini menunjukkan terdapat pengaruh penyakit asma terhadap kejadian gangguan tidur pada pasien asma

Kata Kunci : Asma, gangguan tidur, *The St. Mary's Hospital Sleep Questionnaire*

ABSTACT

Asthma is a chronic inflammatory disease of the airways that is characterized by recurrent attacks of shortness of breath and wheezing, these conditions vary in severity and frequency from person to person. People with asthma complain about symptoms at night and cause sleep disturbances. This study aims to determine the effect of asthma on the incidence of sleep disorders in asthma patients at Sultan Agung Islamic Hospital Semarang ".

The study used cross sectional analytic observational method in 42 samples by taking medical record data of inpatients and outpatients at RSI Sultan Agung Semarang who had been diagnosed with asthma. The research was conducted in two stages, namely filling the St. Mary's Hospital Sleep Questionnaire and data analysis. The presence or absence of the relationship between asthma and sleep disorders was analyzed by Chi Square statistical test and the correlation of the strength of the relationship was done by the Contingency Coefficient statistical test.

The results showed that $p = 0,000$ ($p < 0,05$), it showed that asthma had an effect on sleep disturbance with an OR value of 8,00 (CI = 00 CI 95% = 2,776 - 23,056, it means that asthma patients are at risk 8 times of having sleep disorders than healthy people. Conclusion: This study shows that there is an effect of asthma on the incidence of sleep disorders in asthma patients

Keywords: Asthma, sleep disorders, The St. Mary's Hospital Sleep Questionnaire