

**PROGRAM STUDI S1 KEPERAWATAN  
FAKULTAS ILMU KEPERAWATAN  
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG  
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**ABSTRAK**

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**HUBUNGAN ANTARA KECEMASAN TERHADAP TINGKAT  
INSOMNIA PADA LANSIA DI PANTI PELAYANAN SOSIAL LANJUT  
USIA POTROYUDAN JEPARA**

65 halaman + 10 tabel + 2 gambar + 12 lampiran + xv

**Latar Belakang:** Insomnia dapat mempengaruhi pekerjaan, aktivitas sosial, status kesehatan penderitanya. Insomnia disebabkan oleh kecemasan yang diderita lansia belum begitu jelas dampaknya. Penelitian ini bertujuan untuk mengetahui kecemasan pada lansia berdasarkan karakteristik responden.

**Metodologi Penelitian:** Metode dalam penelitian ini adalah deskriptif korelatif dengan pendekatan cross sectional. Jumlah sampel 40 orang yang diambil dengan teknik *total sampling*. Pengumpulan data menggunakan kuesioner *STAI (State-Trait Anxiety Inventory)* dan *Insomnia Severity Index (ISI)*. Data yang diperoleh diolah menggunakan uji *Chi-Square*.

**Hasil:** Penelitian ini mendapatkan hasil bahwa terdapat hubungan antara kecemasan terhadap tingkat insomnia pada lansia.

**Kesimpulan:** Terdapat hubungan antara kecemasan terhadap tingkat insomnia pada lansia di Panti Pelayanan Sosial Lanjut Usia Potroyudan Jepara. Maka disarankan bagi perawat untuk melakukan pengkajian dan penanganan kecemasan.

**Kata Kunci:** *State anxiety, Trait anxiety*, Tingkat insomnia

**Daftar Pustaka:** 53 (2008-2017)

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## **ABSTRACT**

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### **RELATIONSHIP BETWEEN ANXIETY TO THE LEVEL OF INSOMNIA IN FURTHER SOCIAL SERVICES IN THE AGE OF POTROYUDAN JEPARA**

65 pages + 10 tables+ 2 pictures + 12 appendices + xv

**Background:** Insomnia is a condition where a person feels difficult to sleep. This sleep difficulty concerns the length of sleep (quantity) or the darkness (quality) of sleep. Insomnia can affect work, social activities, health status of the sufferer. Insomnia is caused by anxiety suffered by the elderly whose impact is not yet clear. This study aims to determine the anxiety of the elderly based on the characteristics of the respondents.

**Research Methodology:** The method in this study is descriptive correlative with a cross sectional approach. The total sample was 40 people taken by *total sampling technique*. Data collection used the *STAI (State-Trait Anxiety Inventory) questionnaire* and *Insomnia Severity Index (ISI) questionnaire*. The data obtained is processed using the test *Chi-Square*.

**Results:** The study showed data that the average age was 69 years, 55.0% of respondents were female, 47.5% of respondents were educated last elementary school, 65.0% of respondents were married, the level of insomnia was at the most moderate level of 55.0%. *state anxiety* is at most in the moderate category 77.5% and *trait anxiety* is at most in the moderate category 82.5%. Insomnia is at most moderate levels of 55.0%.test results *Chi-square* obtained values *anxiety state* with *p-value* 0.027 and *trait anxiety* with *p-value* 0.002.

**Conclusion:** There is a relationship between anxiety towards the level of insomnia in the elderly at the Potential Middle Aged Social Service Home and Jepara. So it is recommended for nurses to conduct assessment and management of anxiety.

**Keywords:** *State anxiety, Trait anxiety, Level of insomnia*

**Bibliography:** 53 (2008-2017)