ABSTRAK

Leni Widiastuti

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 penderitaanya. 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.


Kata Kunci: State anxiety, Trait anxiety, Tingkat insomnia

ABSTRACT

Leni Widiastuti

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