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ABSTRAK

Ferdi Liambo

HUBUNGAN ANTARA TINGKAT STRES DENGAN GANGGUAN POLA TIDUR PADA LANSIA DI KELURAHAN TRIMULYO KECAMATAN GENUK KOTA SEMARANG

52 hal + 4 tabel + 3 gambar + xiii

Latar Belakang : Gangguan pola tidur merupakan salah satu masalah kesehatan yang paling sering dihadapi oleh lansia, salah satu faktor penyebabnya adalah stres. Kondisi stres pada lansia menyebabkan kesulitan untuk memulai tidur dan mempertahankan kualitas tidur. Tujuan penelitian ini untuk mengetahui hubungan antara tingkat stres dengan gangguan pola tidur pada lansia.

Metode : Penelitian ini merupakan jenis penelitian *survei analitik* dengan studi *cross sectional*. Pengumpulan data dilakukan dengan kuesioner. Jumlah responden sebanyak 54 lansia dengan tehnik *consecutive sampling*. Data yang diperoleh diolah secara statistik dengan menggunakan *chi square*.

Hasil : Berdasarkan hasil analisa diperoleh bahwa dari 54 responden penelitian, sebagian besar memiliki karakteristik umur lansia (*elderly*) sebanyak 85,2%, dengan karakteristik jenis kelamin sebagian besar perempuan yaitu 61,1%. Hasil penelitian juga menunjukkan 53,7% responden mengalami tingkat stres berat dan sangat berat, 46,3% mengalami stres normal, ringan dan sedang. Sebanyak 79,6% responden mengalami gangguan pola tidur dan 20,4% tidak mengalami gangguan pola tidur.

Simpulan : Ada hubungan antara tingkat stres dengan gangguan pola tidur pada lansia (P value < 0,05).

Kata Kunci : Lansia, Gangguan pola tidur, Tingkat stres.

Daftar Pustaka : 39 (2000 – 2014)

NURSING STUDY PROGRAM
FACULTY OF NURSING
SULTAN AGUNG ISLAMIC UNIVERSITY SEMARANG
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ABSTRACT

Ferdi Liambo

The Relation Between Level of Stress and Disorder of Sleep Pattern in the Elderly in Kelurahan Trimulyo Kecamatan Genuk, Semarang

52 pages + 4 tables + 3 pictures + xiii

Introduction : The disorder of sleep is one of the most common health problems faced by the elderly, one contributing factor is stress. stress conditions in the elderly causes difficulty to start sleeping and maintain the quality of sleep. The objective of study is to identify the relation between the level of stress and disorder of sleep pattern in the elderly.

Method : The type of study was *analytical survey* with *cross sectional* study. The data were collected by questionnaires. The respondents were 54 persons taken by *consecutive sampling* technique. The data obtained were processed statistically using *chi square* test.

Study Result : Based on the analysis result obtained from 54 respondents, most of the respondents were characterized as elderly with 85.2%, and the characteristic of sex were mostly female with 61.1%. The result also indicated that 53.7% respondents were under high stress and extremely high stress, 46.3% respondents were under normal, light and medium. There were 79.6% respondents who had disorder of sleep pattern and 20.4% respondents did not have disorder of sleep pattern.

Conclusion : There was a relation between the level of stress and disorder of sleep pattern in the elderly (P value < 0,05).

Key words : Elderly, disorder of sleep pattern, level of stress

Bibliography : 39 (2000 – 2014).