

ABSTRAK

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HUBUNGAN KUALITAS TIDUR DENGAN TINGKAT KEJADIAN STRES PADA PASIEN LUPUS ERITEMATOSUS SISTEMIK

Latar belakang: Lupus Eritematosus Sistemik (LES) merupakan penyakit autoimun yang dapat menyerang berbagai organ tubuh, mayoritas penderita lupus memiliki kualitas tidur buruk akibat dari rasa sakit yang disebabkan oleh aktivitas penyakit. Rasa sakit dapat meningkatkan aktivitas simpatetis yang menyebabkan peningkatan tekanan darah dan detak jantung sehingga penurunan kualitas tidur dapat terjadi, dan konsumsi obat-obatan seperti kortikosteroid dapat menurunkan kadar melatonin yang berperan untuk memperkuat dan menstabilkan ritme sirkadian, hormon ini memiliki peranan besar dalam pengaturan siklus tidur-bangun manusia sehingga penurunan kadar hormon ini juga mengakibatkan penurunan kualitas tidur. Hubungan kualitas tidur dan tingkat kejadian stres pada populasi umum telah banyak diteliti. Namun belum banyak diteliti hubungan kualitas tidur dan tingkat kejadian stres pada penderita LES

Tujuan: Mengetahui hubungan dari kualitas tidur dengan tingkat kejadian stres pada pasien lupus yang berjenis kelamin wanita di Marisza Cardoba Foundation (MCF)

Metode: Penelitian ini menggunakan metode potong lintang (cross sectional). Jumlah target sampel sebanyak 76 orang, yang merupakan penderita lupus berjenis kelamin wanita dan dipilih menggunakan teknik purposif sampling. Pengambilan data dilakukan pada periode Januari-Februari 2021. Hasil penelitian diolah dengan program SPSS 22,0 dan metode chi-square, dan uji korelasi bivariat.

Hasil: Dari total 76 sampel yang terkumpul ditemukan bahwa risiko stres berhubungan dengan kualitas tidur pasien berdasarkan hasil analisa multivariat pemodelan regresi logistik ($p = 0,035$; OR = 3,99 ; 95% CI = 1,102 – 14,500) yang dikontrol oleh variabel aktivitas penyakit dan konsumsi kortikosteroid, pada analisis bivariat ditemukan hubungan tidak signifikan antara aktivitas penyakit dan stres ($p = 0,757$; OR = 1,302 ; 95% CI = 0,507 – 3,345). Hubungan tidak signifikan antara konsumsi kortikosteroid terhadap stres ($p = 0,445$; OR = 1,610 ; 95% CI = 0,632 – 4,101). Hubungan tidak signifikan antara status pernikahan dengan stres ($p = 0,865$; OR = 1,217 ; 95% CI = 0,475 – 3,188). Hubungan tidak signifikan antara status sosial ekonomi dengan stres ($p = 0,961$; 95% CI = 0,348 – 2,198).

Kesimpulan: Pada penelitian ini 78% dari seluruh responden memiliki kualitas tidur buruk, 51% diantaranya mengalami stres. Ditemukan adanya hubungan yang signifikan antara kualitas tidur dengan tingkat kejadian stres, dan hubungan tidak signifikan antara aktivitas penyakit, konsumsi kortikosteroid, status pernikahan dan status sosial ekonomi dengan risiko stres.

Kata kunci : Lupus Eritematosus Sistemik (LES), lupus, kualitas tidur, stres, aktivitas penyakit

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ABSTRACT

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THE RELATIONSHIP BETWEEN SLEEP QUALITY WITH THE STATE OF STRES IN SYSTEMIC LUPUS ERYTHEMATOSUS PATIENTS

Background: Systemic Lupus Erythematosus (SLE) is an autoimmune disease that can attack various organs of the body, The majority of people with lupus have poor sleep quality as a result of pain caused by disease activity. Pain can increase sympathetic activity which causes an increase in blood pressure and heart rate. So, a decrease in the quality of sleep can occur, and the consumption of drugs such as corticosteroids can reduce melatonin levels which play a role in strengthening and stabilizing circadian rhythms, this hormone has a major role in regulating the sleep-wake cycle in humans. So, that decreased levels of this hormone also results in decreased quality of sleep. The relationship between sleep quality and stress incidence rates in the general population has been extensively studied. However, there has not been much research on the relationship between sleep quality and stress incidence rates in SLE sufferers.

Objective: Knowing the relationship between sleep quality and the level of stress in woman lupus patients at the Marisza Cardoba Foundation (MCF)

Method: This study uses a cross sectional method. The number of target samples was 76 people, who were women with lupus and were selected using purposive sampling technique. The data was collected on January-February 2021. The results of the study were processed with the SPSS program and the chi-square method, bivariate correlation test and multivariate logistic regression analysis.

Result : From a total of 76 samples collected, it was found that the risk of stress was related to the quality of sleep of the patient based on the results of multivariate analysis of logistic regression modeling ($p = 0.035$; $OR = 3.99$; $95\% CI = 1.102 - 14,500$) which was controlled by disease activity variables and corticosteroid consumption. , the bivariate analysis found no significant relationship between disease activity and stress ($p = 0.757$; $OR = 1.302$; $95\% CI = 0.507 - 3.345$). There was no significant relationship between corticosteroid consumption and stress ($p = 0.445$; $OR = 1.610$; $95\% CI = 0.632 - 4.101$). There was no significant relationship between marital status and stress ($p = 0.865$; $OR = 1.217$; $95\% CI = 0.475 - 3.188$). There was no significant relationship between social economic status and stress ($p = 0.961$; $95\% CI = 0.348 - 2.198$).

Conclusion: In this study 78% of all respondents had poor sleep quality, 51% of them experienced stress. It was found that there was a significant relationship between sleep quality and the incidence of stress, and no significant relationship between disease activity, corticosteroid consumption, marital status and socioeconomic status with the risk of stress.

Key Words : Systemic Lupus Erythematosus (SLE), lupus, Sleep Quality, Stress, disease activity

Reference : 103 (1989-2019)