

ABSTRAK

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HUBUNGAN DERAJAT PARKINSON DENGAN KUALITAS TIDUR PADA PASIEN PENYAKIT PARKINSON DENGAN MENGGUNAKAN *PARKINSON DISEASE SLEEP SCALE 2* (PDSS 2) DI SILOAM HOSPITALS LIPPO VILLAGE GEDUNG B

Latar Belakang : Penyakit parkinson merupakan penyakit degeneratif kedua paling sering dijumpai di dunia. Jumlah penderita dan angka kematian akibat penyakit Parkinson meningkat dari tahun ke tahun. Meskipun kasusnya jarang tetapi orang berusia muda juga dapat terkena penyakit Parkinson. Salah satu gejala non-motorik yang sering dialami oleh pasien penyakit Parkinson adalah gangguan tidur. Beberapa penelitian sebelumnya menunjukkan bahwa lebih banyak pasien Parkinson yang mengalami kualitas tidur yang buruk dibandingkan orang sehat dan gangguan tidur dapat mempercepat progresivitas penyakit parkinson bahkan mempengaruhi kualitas hidup penderita. Penelitian sebelumnya menemukan adanya korelasi antara derajat Parkinson dengan kualitas tidur. Akan tetapi, penelitian tersebut hanya dilakukan di kota Malang dan jumlah pasien yang sedikit. Sedangkan, penelitian di luar negeri hanya dilakukan di Italia dan peneliti mengeksklusikan pasien H&Y stadium 5. Penelitian mengenai derajat parkinson dan kualitas tidur menggunakan kuesioner PDSS-2 masih sedikit, terutama di Indonesia. Oleh karena itu, penelitian ini penting untuk dilakukan.

Tujuan Penelitian : Mengetahui hubungan antara derajat Parkinson dengan kualitas tidur pada pasien penyakit Parkinson dengan menggunakan *Parkinson Disease Sleep Scale 2* (PDSS 2) di Rumah Sakit Siloam.

Hipotesis : Terdapat hubungan antara derajat Parkinson dengan kualitas tidur pasien Parkinson di Rumah Sakit Siloam.

Metode Penelitian : Penelitian ini menggunakan desain studi *cross sectional*. Sampel pada penelitian ini merupakan 60 pasien yang terdiagnosis Penyakit Parkinson yang datang ke Poliklinik Neurologi Rumah Sakit Umum Siloam pada bulan Desember 2023 sampai dengan Februari 2024 yang memenuhi kriteria inklusi. Pengambilan sampel dilakukan menggunakan teknik non-probabilitas *purposive sampling*. Data diperoleh dari observasi langsung berdasarkan skala *Hoehn and*

Yahr dan pengerjaan kuesioner PDSS-2. Data yang terkumpul dianalisis menggunakan metode *Chi Square* atau Uji Fisher.

Hasil Penelitian : Total jumlah pasien Parkinson dalam penelitian ini adalah 60 responden. Jumlah pasien laki-laki dan perempuan sama yaitu 30 orang. Mayoritas kelompok usia 51-75 tahun (83,3%) dan derajat stadium satu (45,0%). Terdapat 28 (46,7%) orang yang memiliki kualitas tidur buruk. Keluhan terbangun untuk buang air kecil sangat sering paling banyak terjadi dengan 41 responden (68,3%). Analisis *Chi square* menunjukkan bahwa ada hubungan yang signifikan antara derajat Parkinson dengan kualitas tidur (p value =0,023, OR: 4,121; 95%CI: 1,345-12,628).

Kesimpulan : Terdapat hubungan yang signifikan antara derajat Parkinson dengan kualitas tidur pada pasien penyakit Parkinson di Rumah Sakit Siloam.

Kata Kunci : derajat parkinson, kualitas tidur, penyakit Parkinson, PDSS-2

Referensi : 89

ABSTRACT

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RELATIONSHIP BETWEEN PARKINSON'S DEGREE AND SLEEP QUALITY IN PARKINSON'S DISEASE PATIENTS USING THE PARKINSON'S DISEASE SLEEP SCALE 2 (PDSS 2) AT SILOAM HOSPITALS LIPPO VILLAGE BUILDING B

Background : Parkinson's disease is the second most common degenerative disease in the world. The number of sufferers and death rates due to Parkinson's disease increases from year to year. Although cases are rare, young people can also suffer from Parkinson's disease. One of the non-motor symptoms often experienced by Parkinson's disease patients is sleep disturbance. Several previous studies have shown that more Parkinson's patients experience poor sleep quality than healthy people and that sleep disorders can accelerate the progression of Parkinson's disease and even affect the patient's quality of life. Previous research found a correlation between the degree of Parkinson's and sleep quality. However, this research was only conducted in the Malang city and low number of patients. Meanwhile, research abroad was only conducted in Italy and the researchers excluded H&Y stage 5 patients. There is still little research on the degree of Parkinson's and sleep quality using the PDSS-2 questionnaire, especially in Indonesia. Therefore, this research is necessary to be conducted.

Objective : To determine the relationship between the degree of Parkinson's and sleep quality in Parkinson's disease patients using the Parkinson's Disease Sleep Scale 2 (PDSS 2) at Siloam Hospital.

Hypothesis : There is a relationship between the degree of Parkinson's disease and the sleep quality of Parkinson's patients at Siloam Hospital.

Method : This research uses a cross sectional study design. The sample in this study were 60 patients diagnosed with Parkinson's disease who came to the Neurology Polyclinic at Siloam General Hospital from December 2023 to February 2024 who met the inclusion criteria. Sampling was carried out using a non-probability purposive sampling technique. Data was obtained from direct

observation based on the Hoehn and Yahr scale and the PDSS-2 questionnaire. The collected data was analyzed using the Chi Square method or Fisher's Test.

Results : The total number of Parkinson's patients in this study was 60 respondents. The number of male and female patients is the same, namely 30 people. The majority were in the age group 51-75 years (83.3%) and had stage one (45.0%). There were 28 (46.7%) people who had poor sleep quality. Complaints about waking up to urinate very often were the most common with 41 respondents (68.3%). Chi square analysis showed that there was a significant relationship between the degree of Parkinson's and sleep quality (p value = 0.023, OR: 4.121; 95%CI: 1.345-12.628).

Conclusion : There is a significant relationship between the degree of Parkinson's and sleep quality in Parkinson's disease patients at Siloam Hospital.

Keywords : Parkinson's degree, sleep quality, Parkinson's disease, PDSS-2

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