



UNIVERSITAS PELITA HARAPAN

FAKULTAS KEDOKTERAN

ABSTRAK

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Faktor-Faktor yang mempengaruhi Insomnia pada Lansia di Rumah Sakit Lippo Village Gedung B

Latar belakang: Lansia adalah kategori usia yang lebih rentan mengalami berbagai masalah kesehatan termasuk gangguan tidur khususnya Insomnia karena, mengalami kemunduran dari kemampuan yang dahulu pernah dimiliki. Lansia yang mengalami kesulitan tidur merasakan adanya penurunan dari konsentrasi, penurunan sistem imun, kemampuan untuk berpikir dan kualitas hidup. Di Indonesia, belum terdapat banyak penelitian yang dapat menjelaskan faktor-faktor apa saja yang berhubungan dengan Insomnia pada Lansia.

Tujuan: Untuk mengetahui faktor-faktor apa saja yang berhubungan dengan Insomnia pada lanjut usia.

Metode Penelitian: Penelitian observasional analitik dengan rancangan studi potong lintang. Pengambilan data sampel dengan menggunakan kuesioner dengan cara non-probability sampling dengan jenis purposif yang dilaksanakan pada bulan Januari-Maret 2018. Data dianalisis menggunakan uji statistik Chi Square.

Hasil Penelitian: Ditemukan tidak adanya hubungan antara faktor Jenis Kelamin ($p=0.151$), Status Pernikahan ($p=0.526$), Status sosioekonomi ($p=0.883$), Riwayat penyakit kronis; Hipertensi ($p=0.977$) dan Diabetes Melitus ($p=0.314$) dan Depresi ($p=0.383$) terhadap terjadinya Insomnia pada lansia ($p>0.05$). Ada hubungan antara anxietas ($p=0.000$), kopi ($p=0.035$) dan merokok ($p=0.004$) terhadap terjadinya Insomnia pada lansia ($p<0.05$).

Kata kunci: Insomnia, Lansia, Faktor-faktor, Observasional, Kuesioner, Chi-square



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ABSTRACT

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Factors affecting Insomnia in the Elderly in Siloam Lippo Village Hospital Building B

Background: *The Elderly is a vulnerable age category experiencing a variety of health problems including sleep disorders especially insomnia. This is due to the setback from abilities that they once had. Elderly who has difficulty sleeping experiences a decrease in concentration, immune system, ability to think and quality of life. In Indonesia, there is not many research that can explain the factors are associated with Insomnia in the Elderly. Also due to the differences in the role of environment, social and cultural factors at the place where this research is carried out.*

Aim: *This study aims to determine what factors are associated with the incidence of Insomnia.*

Research Method: *The study was conducted using analytical observational study method with cross sectional design. To sample the data a questionnaire by non-probability sampling was used with purposive type which executed in January-March 2018. The data were analyzed using Chi Square statistical test.*

Results: *There was no association between sex factors ($p = 0.151$), marital status ($p = 0.526$), socioeconomic status ($p = 0.883$), history of chronic diseases; Hypertension ($p = 0.977$) and Diabetes Mellitus ($p = 0.314$) and Depression ($p = 0.383$) for the occurrence of Insomnia in the elderly ($p > 0.05$). There is a relationship between anxiety ($p = 0.000$), coffee ($p = 0.035$) and smoking ($p = 0.004$) against the occurrence of insomnia in the elderly ($p < 0.05$)*

Keywords: *Insomnia, Elderly, Factors, Observational, Questionnaire, Chi-square test*