

ABSTRAK

HUBUNGAN ANTARA TINGKAT KECEMASAN DENGAN KUALITAS TIDUR PADA PASIEN PRE OPERASI DI ERA PANDEMI COVID-19 DI RUANG TRANSIT MELATI RSUD BANGIL PASURUAN

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Pasien pre operasi sering mengalami peningkatan jumlah waktu bangun, sering terbangun, dan berkurangnya tidur *Rapid Eye Movement* (REM) serta total waktu tidur. Tujuan penelitian ini adalah untuk mengetahui hubungan antara tingkat kecemasan dengan kualitas tidur pada pasien pre operasi di era pandemi COVID-19 di Ruang Transit Melati RSUD Bangil Pasuruan. Desain penelitian ini adalah analitik korelasi dengan pendekatan cross sectional. Populasi dalam penelitian ini adalah semua pasien pre operasi di Ruang Transit Melati RSUD Bangil Pasuruan. Jumlah pasien pre operasi pada tanggal 21 Juli-14 Agustus sebanyak 39 orang. Teknik pengambilan sampel menggunakan consecutive sampling dengan kurun waktu 2 minggu. Besar sampel adalah 30 orang. Instrumen yang digunakan adalah kuesioner DASS 42 untuk kecemasan dan PSQI untuk kualitas tidur. Analisa data menggunakan Uji Mann Whitney. Hasil penelitian menunjukkan bahwa responden yang mengalami kecemasan parah, yaitu 17 orang (56,7%), kecemasan sedang yaitu 10 orang (33,3%), dan kecemasan ringan 3 orang (10%), dan responden mempunyai kualitas tidur buruk, yaitu 27 orang (90%), dan kualitas tidur baik yaitu 3 orang (10%). Hasil analisa Uji *Mann Whitney* didapatkan *p value* sebesar 0,002 kurang dari α (0,05) sehingga ada hubungan tingkat kecemasan dengan kualitas tidur pasien pre operasi pada era pandemi COVID-19 Di Ruang Transit Melati RSUD Bangil Pasuruan dimana semakin tinggi kriteria kecemasan seseorang maka semakin buruk kualitas tidurnya. Hal ini disebabkan karena pada saat cemas terjadi peningkatan hormon epinefrin, norepinefrin, dan kortisol yang mempengaruhi susunan saraf pusat dan menimbulkan keadaan terjaga dan meningkatkan kewaspadaan sistem saraf pusat yang menyebabkan kualitas tidur buruk.

Kata Kunci: Kecemasan, Kualitas Tidur, Pre Operasi

ABSTRACT

The Relationship Between Anxiety Levels And Sleep Quality In Preoperative Patients In The COVID-19 Pandemic Era In The Melati Transit Room At Bangil Pasuruan Hospital

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Preoperative patients experienced increased number of waking hours, frequent awakenings, and reduced Rapid Eye Movement (REM) sleep and total sleep time. The purpose of this study was to determine the relationship between anxiety levels and sleep quality in preoperative patients in the COVID-19 pandemic era in the Melati Transit Room at Bangil Pasuruan Hospital. The design of this research was correlation analytic with cross sectional approach. The population in this study was all preoperative patients in the Melati Transit Room at Bangil Hospital, Pasuruan. The number of preoperative patients on 21 July-14 August was 39 people. The sampling technique used consecutive sampling with a period of 2 weeks. The sample size was 30 people. The instruments used were the DASS 42 questionnaire for anxiety and the PSQI for sleep quality. Data analysis used Mann Whitney Test. The results showed that severe anxiety, as many as 17 people (56.7%), moderate anxiety, as many as 10 people (33.3%), and mild anxiety 3 people (10%), and respondents have poor sleep quality, as many as 27 people (90%), and good sleep quality that were 3 people (10%). The results of the Mann Whitney test analysis obtained that p value was 0.002 less than (0.05) so there was relationship between anxiety levels and sleep quality of preoperative patients in the COVID-19 pandemic era in the Melati Transit Room at Bangil Pasuruan Hospital where the higher If a person's anxiety criteria, the worse the quality of his sleep. This was because when anxious there was an increase in the hormones epinephrine, norepinephrine, and cortisol which affected the central nervous system and caused a state of wakefulness and increases the alertness of the central nervous system which caused poor sleep quality.

Keywords: Anxiety, Sleep Quality, Pre Operation