

Abstrak

HUBUNGAN KUALITAS TIDUR DENGAN KESEJAHTERAAN PSIKOLOGIS LANSIA DI PANTI PELAYANAN SOSIAL LANJUT USIA DEWANATA CILACAP

Chantry Tri Lestari¹, Koernia Nanda Pratama², Eva Rahayu³

Latar belakang: Kesejahteraan psikologis merupakan suatu hal yang penting bagi lansia. Hal tersebut mempengaruhi kondisi kesehatan lain bagi lansia. Salah satu masalah yang mungkin dapat menyebabkan kesejahteraan psikologis lansia menurun yaitu kualitas tidur. Kualitas tidur yang buruk pada lansia menyebabkan berbagai permasalahan kesehatan baik fisik maupun psikologis mereka. Penelitian ini bertujuan untuk mengetahui Hubungan Kualitas Tidur dengan Kesejahteraan Psikologis Lansia di Panti Pelayanan Sosial Lanjut Usia Dewanata Cilacap.

Metodologi: Penelitian ini merupakan desain komparasi dengan pendekatan *cross sectional* yang dilakukan pada lansia di Panti Pelayanan Sosial Lanjut Usia (PPSLU) Dewanata Cilacap. Teknik sampling yang dipakai oleh peneliti adalah total sampling yaitu dengan mengambil keseluruhan jumlah populasi yang terdapat di PPSLU Dewanata Cilacap yaitu 100 lansia. Analisis data penelitian ini menggunakan uji *Chi Square*.

Hasil: Hasil penelitian ini menunjukkan mayoritas 72.1% responden berusia antara 60-74 tahun, 52.5% berjenis kelamin perempuan, dan 39.3% berpendidikan SD (Sekolah Dasar), 45.9% lansia memiliki kualitas tidur yang buruk, 29.5% kualitas tidur sangat baik, dan 24.6% kualitas tidur baik, 55.7% memiliki kesejahteraan psikologis yang tinggi, dan 44.3% kesejahteraan psikologi rendah. Hasil uji *Chi Square* menunjukkan nilai $p=0.00$.

Kesimpulan: Terdapat hubungan bermakna antara kualitas tidur dengan kesejahteraan psikologis lansia di PPSLU Dewanata Cilacap

Kata kunci: Kesejahteraan psikologis lansia, kualitas tidur, panti lanjut usia.

¹Mahasiswa Jurusan Keperawatan, Fakultas Ilmu-Ilmu Kesehatan, Universitas Jenderal Soedirman

^{2,3}Departemen Keperawatan Komunitas Jurusan Keperawatan Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman

Abstract

***THE RELATIONSHIP BETWEEN SLEEP QUALITY AND
PSYCHOLOGICAL WELL-BEING OF THE ELDERLY
IN SOCIAL SERVICE CENTER FOR THE ELDERLY
DEWANATA CILACAP***

Chanthy Tri Lestari¹, Koernia Nanda Pratama², Eva Rahayu³

Background: Psychological well-being is an important for the elderly. It affects other health conditions for the elderly. One of the problems that may cause the psychological well-being of the elderly to decline is sleep quality. Poor sleep quality in the elderly cause various health problems, both physically and psychologically. This study aims to determine the Relationship between Sleep Quality and Psychological Well-being of the Elderly at the Dewanata Cilacap Elderly Social Service Center.

Methodology: This study wa a comparative design with a cross-sectional approach conducted on the elderly at the Dewanata Cilacap Elderly Social Service Center (PPSLU). The sampling technique used by the researcher was the total sampling technique, namely by taking the entire population at the PPSLU Dewanata Cilacap, which consisted of 100 elderly. Data analysis in this study used the Chi Square test.

Results: The results showed that the majority 72.1% of respondents were aged between 60-74 years, 52.5% were female, and 39.3% had elementary school education, 45.9% of the elderly had poor sleep quality, 29.5% had very good sleep quality, and 24.6% had good sleep quality, 55.7% had high psychological well-being, and 44.3% had low psychological well-being. The results of the Chi Square test showed a value of $p = 0.00$.

Conclusion: There is a significant relationship between sleep quality and the psychological well-being of the elderly at PPSLU Dewanata Cilacap

Keywords: Sleep quality, psychological well-being of the elderly, elderly care homes.

¹Student of Nursing Department, Faculty of Health Science, Jenderal Soedirman University

^{2,3}Department of Nursing Community, Nursing Department, Faculty of Health Science, Jenderal Soedirman University